

ATHLETES DIFFER ON WHAT IS BEST TRAINING FOOD

Japanese Eat Lightly, Being Partial to Rice, but Irish Weight Throwers Are All Heavy Eaters—Hackenschmidt Believes That Sugar Supplies Nerve Power—Football Players Depend Largely on Meats.

SINCE the Russian-Japanese war the Japanese have been pointed out as a people who can fight on less food than others use merely to keep them alive. Japanese athletes are not heavy eaters. Their diet is made up principally of rice and vegetable foods. This isn't entirely a matter of choice or dieting for condition. Meat is hard to get in Japan, and rice is plentiful.

There are athletes in Japan who eat as much as possible, all the time. These are wrestlers. In the Japanese style of wrestling, weight and strength count more than quickness. Japanese are trained to the sport through several generations, and everything is done to make the wrestlers grow as big as possible. Many of them are six feet tall and weigh over three hundred pounds. The result of their system of training is to make them like members of a different race of people.

Hitachiyama, wrestling champion of Japan, told me that through several years of training before he became a first class wrestler he gorged himself with food daily until he could hardly stand. He wrestled for hours every day. He didn't move around much. A favorite training stunt was to butt heads with a rival wrestler until one fell down unconscious. Then the winner would go and put away a big meal. Waist measure never worried a Japanese wrestler. I think Hitachiyama's was about five feet. But his legs and his arms were monstrous and knotted with muscles. Hitachiyama's theory was that the more food he could devour the more material he would turn into muscle.

One of the strongest wrestlers I ever knew was George Hackenschmidt, the "Russian Lion." Hackenschmidt was a marvel of strength and symmetry. In his prime he could throw any rival with ease, and the wrestlers of to-day wouldn't have lasted a minute with him. Hackenschmidt was not a heavy eater. But he had a fad. He believed that eating candy and pastry gave him strength. He didn't eat a great deal of candy, but he ate candy and cakes and sugary dishes every day.

If you want to be strong," Hackenschmidt said, "you must develop nerve power. Sugar supplies that." Recently I read an article by a prominent physician proclaiming as a new discovery the very thing that Hackenschmidt practiced ten years ago. Hackenschmidt disagreed with nearly all other athletes when he declared that the best exercise for developing strength is lifting heavy dumbbells. It is usually thought that weight lifting makes an athlete slow and that his muscles are knotted. But Hackenschmidt certainly wasn't either slow or muscle-bound when he first came to America and beat Tom Jenkins at Madison Square Garden. He was a streak on the wrestling pad. And he could turn airsprings like any circus acrobat.

An athlete who didn't agree with Hackenschmidt was Denny Morgan, once holder of the world's record at shot-putting. Denny was training at Travers Island. One day I had him at the training table. Denny finished his lunch and called for a pitcher of milk and a dozen raw eggs. He broke the eggs into the milk, stirred the combination, and drank it down. This was his daily performance. I inquired into his method of training.

"It's a big, strong man, and I've got to have something to eat," he explained. I might mention, however, that Denny's best with the shot that summer was 45 feet, whereas in Ireland, where he fought, he was furnished with less lavish rations, he did about three feet better.

Ralph Ross, Pat McDonald's Martin Sheridan, John Hanagan, Matt McGrath, Con Walsh, Simon Gillies and

renewed training for the Lewis match late next week.

BEST SPORTING PAGE IN NEW YORK

WHAT DIFFERENT ATHLETES EAT WHILE TRAINING

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Pat Ryan was all tremendous eaters and great weight throwers. I have seen Sheridan eat two dozen fried eggs at a meal, and on another occasion get away with eighteen lamb chops. Gillies used to eat hard-boiled eggs whole, without even cracking the shells. When he went to London with the American team to compete in the Olympic Mike Murphy was coach and trainer. Mike told Gillies his whole egg stunt wouldn't help him win the hammer throwing event. It didn't. Simon's explanation was that he had a bad knee.

Freddy Welsh was noted as a "vegetarian fighter." I happen to know that Freddy was vegetarian in public and fond of roast chicken in private. He depended almost entirely upon vegetables, however. Perhaps that explained his fighting style.

As a rule athletes taking part in heavy competitions want plenty of beef. There is always a lot of meat on a football training table. The United States Army gets its meat rations, no matter what restrictions exist on civilian food supplies. The army authorities and sportsists believe in the good old theory of plenty of beef and ale for a fighting man—only barring the ale.

The Turks were very strong. Some of the big Turkish wrestlers who came over here years ago—men like Nourulrah—were as strong as horses and seemed to have unlimited endurance in spite of their big round stomachs. I asked Nourulrah about his training system one day. He said that his grandfather and his father were wrestlers, and he was trained for wrestling from early boyhood. He did a lot of hard work for several years, also eating heavily and drinking much thickly sweetened coffee.

When he reached his full growth—about 250 pounds in weight and 6 inches in height, he ate little and lived principally upon sweetened coffee and cigarettes, on which diet he won wrestling matches "to the death" in Turkey—matches in which the winner was supposed to strangle the vanquished rival—for the amusement of some Turkish potentate. He smoked all day long, never ate, and beat all American wrestlers at that time with absurd ease.

George Hackenschmidt ascribed the power and endurance of the Turks to the fact that they never ate alcohol. And there may be something in that. But the Irish aren't noted for their abstemious habits, and they produce nearly all the weight-throwing champions.

Of course athletes competing in events that require speed and endurance must use food and drink in moderation. Over-eating or over-drinking often seen in the swift fall from championship form of some great athletes. This seems the only reasonable thing to do. As long as a man is in the rule, it makes little difference whether a man eats beef or beans, drinks red wine, light beer, coffee, milk or water.

RUTH ONLY THING THAT CAN STOP CHICAGO NOW

Red Sox Never Had a Chance in Second Game for "Straw Hat Championship of the World."

By Hugh S. Fullerton.

CHICAGO, Sept. 7. The granddope worked better yesterday and the Cubs, fighting viciously, won the second game of the first straw hat championship of the world 3 to 1. The dope proclaimed that the Cubs would hit Bullet Joe Bush and the dope worked out. They hit him harder than the score tells and only some breaks of luck and some sharp fielding in the critical moments kept them from winning by a larger majority.

The dope declared that Tyler should pitch a shut-out game against the Red Sox, and up to the ninth inning he had them shut out, tamed and practically helpless, with his team fielding in fine form behind him. Then being too anxious to clinch the victory, he pitched wrong to two batters and two triples in succession put another kind of rouse on the complexion of the game, but when put to the test and with the tying run on the bases, Tyler pitched in magnificent form and by striking out Dubuc and pitching Schang into a state of helplessness, he won by a safe margin. The game was much more bitterly fought than the first and the Red Sox, who, Thursday night, thought they had a chance, realized that the Cubs are a dangerous and scrappy bunch who fight hardest when they are hard pressed.

In my opinion Ruth, the superman who won the American League pennant almost alone for the Red Sox, is the only thing that can stop Chicago and it is doubtful whether he can do it. In the second game the Cubs looked pounds better than their rivals, and they rushed their attack, played the game and worked more smoothly. That the boys are getting in earnest over this series was shown by the fact that Heinie Wagner and Knabe entered the struggle by staging a flat fight. These two grand veterans have been ragging each other constantly and to-day Knabe invited Wagner to come under the stands and fight it out. Heinie accepted with alacrity and two minutes later when the other players dragged Knabe off

WORLD'S SERIES FACTS.

Second game of World's Series played at Comiskey Park, Chicago, yesterday. Score: Chicago (National League), 3; Boston (American League), 1. The standing now reads as follows:

BOX SCORE OF SECOND GAME IN BIG SERIES.

Table showing box score for Boston, American League, and Chicago, National League, including runs, hits, errors, and innings.

SCORE BY INNING.

Table showing the score by inning for the Boston Red Sox and Chicago Cubs.

ball to right for a triple, Flack making a desperate effort and narrowly escaping a grand catch. Whiteman followed with a long smash down the alley in right center for three bases, and the game seemed in danger, but Tyler pitched better and better and struck out Dubuc and forced Schang to push up an easy fly.

ROBERTSON'S AUTO Q'S AND A'S.

Faithful Observance of Fuel Administration's Request by Motorists Should Quickly Replenish the Gasoline Reserves.

THE Fuel Administration again requests that motorists refrain from burning gasoline to-morrow. Just as soon as the national gasoline reserves have been built up this ban on Sunday pleasure riding will be lifted. Fuel chiefs deny that week-day pleasure riding will be barred. It is hoped that faithful observance of the Sunday request will be ample to meet present emergencies.

More and more the army and navy are demanding for gasoline for war purposes and it is only natural that joy riders should curtail their "gas" consumption. So don't forget to keep that car of yours idle to-morrow.

I have a Northway motor which has always produced a knock which seems to come from the oil pump. It is actuated by one of the valve cams. The spring on the pump is very stiff and rebounds with a loud, metallic click. Can you suggest a remedy? Motor will not throttle down to low speed. Have a new carburetor installed, but this does not seem to help very much. All connections are tight. CHESTER W. WALSH.

A lighter spring would stop the noise, though it might interfere with the working of the pump. At any rate, I would try it. It could be due to faulty ignition, air leaks or air valves. The modern magneto is, in general, a more efficient machine, especially at low speeds, than the older types. In general, look for air leaks, testing all joints with oil when the motor is running, and see that the interrupter joins on the magneto and the caps on the spark plugs are not too far apart.

Would you advise moving carbon from a Ford five-ton truck by means of a chain? If so, what size chain and how much of it would it be proper to use for this purpose? GURIOUS.

Would not advise this, as it would be unsafe. Have the carbon scraped or burned out. J. S. KULKIN.

Cross 42d Street Ferry, Hoboken, Ridgedale, Hackensack, Ridgewood, Suffern, Tuxedo Park, Cornwall, Newburgh, Highland, Kingston, Saugerties, Catskill, Athens, Coxsackie. Approximately 155 miles.

You cannot burn out the carbon yourself unless you have the necessary apparatus. This consists of a tank of oxygen and one of acetylene, with the necessary piping, burners, etc. There are numerous shops doing this kind of work and I would advise you to go to one of them. I think you will experience considerable difficulty in running your motor the way you suggest, as the use of kerosene as a fuel requires different carburetor conditions than gasoline. The introduction of kerosene through the pet cocks or spark plug holes, after the day's run, will help, as will the introduction of water, pouring this into the air valve on the carburetor while motor is running fairly fast, say 250 to 750 revolutions per minute.

My Ford will run smoothly on level ground, but just as soon as I go up grade it stops, then picks up again. Quite frequently it will stop and then not start. What could be the trouble? F. BLAKE.

The gasoline does not flow properly from the tank to the carburetor while on a hill. This may be caused by an obstruction in the pipe or driving with only a small amount of gasoline in the tank; or the difference in the height of the tank above the carburetor may have been causing the Ford standard, caused improper flow when on any level roads.

Meet To-Morrow In the Stadium

Leaving no stone unturned to make the big money meet for the benefit of the colored soldiers of Camp Upton and Pit's stadium, Alonzo Honey Wilson and Hoy Morse have been deterring a great deal of time to the affair which takes place at the Stadium, City College to-morrow afternoon at 2:30 P. M. There are two hundred entries entered in this most interesting prospect of prize money to be divided among the champions. The prize money is \$100,000. The champion will be the winner of the 250-yard race. The other prizes are the Knights of Columbus.

HERMAN AND BURNS WIN IN JERSEY BANTAM SHOW.

Before nearly 4,000 light fans, Herman and Burns won the Jersey Bantam Show. The champion was Herman, who defeated Burns in the final round. The fight was a close one, but Herman's superior boxing technique and power proved to be the deciding factor. The fight took place at the Jersey City Athletic Club.

GOLF TOURNEY FOR WOMEN AT AROLA SEPT. 18-19.

Many of the leading female golfers are planning to take advantage of the first cross golf tournament, which is to be held for the women of the district at the Arola Country Club on Sept. 18 and 19. The tournament will be held on the Arola Golf Course. The prizes are \$100 for the winner and \$50 for the runner-up. The tournament is open to all women who are members of the Arola Country Club.

BEAUTIFUL BELMONT PARK AMERICA'S PREMIER RACE COURSE MONDAY'S Features Amityville Handicap Corinthian Steeplechase Bollair Handicap And 3 Other High Class Events

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