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The Daily Cardinal.

UNIVERSITY OF WISCONSIN.

VOL. IV.—No 27.]

MADISON, WIS., FRIDAY, OCTOBER 12, 1894.

[PRICE THREE CENTS]

TRAINING FOR TRACK GAMES

INSTRUCTIVE ARTICLE BY MR. EVERETT.

IMPORTANCE OF HEAD WORK. IN RACES.

The Way Races Are Won and Lost.

The following article is kindly furnished the Cardinal by Mr. Everett, instructor in gymnastics, in regard to training for track games:

The first requisite for success on the track is proper condition. Do not imagine that you are training because you are running so many miles a day or because you eat only certain kinds of food or rub down just so often. This is all very good in its place, but it takes an experienced trainer to tell you just what course to pursue and you will find that every professional runner and trainer has his own pet theories and manner of training, though in the man they all condition upon the same general principles.

The fine points of how to win contests and fit yourself for the distances must be given individually and it is just this work that shows a man's training and wins races. If you want to realize what there is of trickery and head work in winning races just listen to a couple of old professional runners tell how they have won races. Running may be divided into three parts—how to start, how to run, and how to finish.

Before beginning active work you must decide upon what distance you will run. The sprints include the quarter mile and all distances under and are by far the most severe of all runs. They are very exhausting from the great amount of muscular work performed in a very short space of time, and the exhaustion from these races is not owing to the muscles being tired, but from a lack of ability to take in enough oxygen to purify the blood. This distance races are from one half mile up, though sprinters often run the half mile successfully. Having decided what distance you will run, stick to it and do not waste your time trying them all.

The first thing to put in proper condition is the stomach. How often you have seen a man taken sick after a race, simply from a weak stomach. To guard against such attacks professional runners generally use a mild cathartic. Eat plenty of good healthy food while training, only avoid greasy meats and pastry. For sprinting a day or two before eat lightly, for distance running eat hearty up to the last meal and then if nervous, eat lightly, and if not you need all the reinforcement you can get.

Having spent several days practicing style and jumping lightly on your toes comes one of the most important points to be learned—starting. There are almost as many styles in starting as there are runners. Most of the Sheffield runners use the following start:

Stand with your left foot flat, toe on

the mark, the right foot twelve or eighteen inches to the rear, the toe pointed forward at an angle of forty-five degrees. Keep the feet near enough to preserve a good balance of the body. A small hole should be made for the right foot from which to push, both knees slightly bent, as the command "get set" is given the weight is shifted to the right foot, the body inclined slightly forward and perfectly still. The left arm straight is held with the hand just outside the left knee. The right arm extended behind, the hand just off the right hip, both arms must be rigid; at the word "go" raise on the left toe and push with the right foot. This gives you a good start forward. The first ten or twelve steps are to be taken short until you get well under way; then you can take your stride, but be careful not to over-reach as that is a worse fault than a short stride. This should be practiced about fifteen minutes every day, each time going about 25 yards. After the start is well mastered the distance should be increased to fifty yards, slowing up gradually. This should be repeated about half a dozen times a day. Finish the day's work with a run, at three quarters speed, of two hundred yards. This should be followed by a warm or cool sponge, a light massage of the lower limbs, a quick rub with alcohol or witch hazel. The rubbing should be done with the body in a horizontal position, as the blood flows back more easily and allows the arterial blood to flow in and renew the wasted tissue. This treatment applies to all distances.

Another important thing is to learn to run on a watch. In all distances from 220 yards up this will enable you to judge your own pace and will be the means of helping you to win many races. It can be acquired by having a friend time you. Suppose that you can run a quarter in fifty-eight seconds, now run the first half in twenty-nine seconds. If you run above or below this time decrease or increase your speed until you can after a time tell just what you are doing at a given distance in a given time.

In a contest you must use your head. If it is a hundred yard dash and your opponent starts off with a long stride just go easy and hold yourself for the final twenty-five yards, for there is the place the dashes are won and lost, providing the start is equal. The best professionals never think of running the whole distance at full speed and that is the reason you often hear of some champion runner winning in ten and two fifths or ten and one fifth. They work to win and not "to do a hundred in ten flat." In a quarter and half mile it is better to let some one set pace and if you are a good sprinter win your race in the last hundred yards. If not a sprinter you will have to take a good steady gait and keep it throughout the distance. From the mile up we have a different class of runners. These races require more endurance and the best training is fast heel and toe walking. Most of our best mile runners have developed from walkers. The start in the distances is not of so much importance, though a little ability to spurt at the finish is often the means of winning. The mile is run on the watch, especially if you know your field. It is often that

Continued on Third Page.

FIELD DAY TOMORROW

OFFICIAL PROGRAMME OF THE EVENTS.

LIST OF JUDGES AND OFFICIALS.

Present University Records.

The events in the field day tomorrow will be as follows:

100 yard dash.
Running high jump.
120 yard hurdle.
Mile run.
Mile bicycle.
Pole vault.
440 yard dash.
Putting shot.
Half mile run.
220 yard hurdle.
Throwing the hammer.
Mile walk.
220 yard dash.
Running broad jump.

The following are the officials:

Judges—Dr. Elsom, Lyman and Stickney.

Judge of walking—S. H. Cady.

Time-keepers—Frank Stoltz, J. Van Etta and W. Conklin.

Starter—M. J. Gillen.

Clerk of course—J. C. Karel.

Announcer—Fred Kull.

At the field day tomorrow a special effort will be made to break the university records. Of the holders of the records the following are now in college: G. F. Downer, '97; H. B. Copeland, '96; J. H. Liegler, '96; R. L. Holt, '95; G. T. Hoges, '95; J. R. Richards, '96. It is expected that they will all compete in the events tomorrow. It is also stated that some of the new men have made records elsewhere which equal or excel the old records. The following are the present records:

| | |
|---------------------------------------|-------------|
| 50 yard dash, L. D. Sumner, '93 | 51½ |
| 100 yard dash, G. F. Sherman, '94 | 10 1-5 |
| 220 yard dash, G. F. Downer, '97 | 23¾ |
| 440 yard dash, H. B. Copeland, '96 | 53½ |
| Half mile run, E. B. Copeland, '95 | 2:03 2-5 |
| Mile run, E. B. Copeland, '95 | 4:57¾ |
| Mile walk, M. W. Heck, '92 | 7:47½ |
| Running broad jump, H. G. Gould, '97 | 20ft 9in |
| Running high jump, J. H. Liegler, '96 | 5ft 8in |
| Pole vault, R. L. Holt, '95 | 9ft 11in |
| Putting shot, H. Baehr, '94 | 38 ft 3.4in |
| 1 mile bicycle, G. T. Hodges, '95 | 2:41½ |
| 2 mile bicycle, G. T. Hodges, '95 | 5:58 |
| 120 yard hurdles, J. R. Richards, '96 | 1:53¾ |
| 220 yard hurdles, J. R. Richards, '96 | .28 |
| Throwing hammer, W. A. Baehr, '94 | 96ft 4in |

THE WISCONSIN REPUBLICAN LEAGUER.

The first issue of the Wisconsin Republican Leaguer appeared this afternoon. It is edited by R. R. Elward, '95, and he is assisted by E. Ray Stevens, '95; R. E. Smith, '95; and W. T. Arndt. An account of Governor McKinley's trip through Wisconsin and a synopsis of his speech in the gymnasium. The paper contains a number of good republican articles and speaks well for the ability of its editors.

ADDRESSES BY MOODY.

Mr. Moody, the noted evangelist, addressed the students at Library hall this afternoon. He will deliver the following addresses during the next few days:

Saturday, 4 p. m., Presbyterian church.

Saturday, 7:30 p. m., Congregational church.

Sunday, 9 a. m., Methodist church.

Sunday, 3 p. m., Presbyterian church.

Sunday, 7:30 p. m., Congregational church.

Monday, 4 p. m., Presbyterian church.

Monday, 7:30 p. m., Congregational church.

Tuesday, 4 p. m., Presbyterian church.

Tuesday, 7:30 p. m., Congregational church.

DEMOCRATIC CLUB.

The U. W. Democratic club will hold a meeting tomorrow night in the municipal court room in the City hall. John Elward, democratic candidate for district attorney in Dane county, will address the club; also short speeches will be made by the students. A large attendance is desired as business of importance will come up.

SENIOR LAW ELEVEN.

The senior laws have organized a football eleven. Those who will play and their positions are as follows:

Center, H. T. Sheldon.

Right Guard, W. M. Emmons.

Left Guard, O. Oleson.

Right Tackle, A. Lees.

Left Tackle, W. S. Swenson.

Ends, C. C. Case, Dudgeon.

Half Backs, Wheelihan, Hopkins.

Quarter Back, B. F. Richmond.

SUICIDE OF R. J. WRIGHT, '94.

Robert J. Wright, law '94, committed suicide at Forest Home cemetery Wednesday afternoon. The only known cause for the deed is financial difficulty. He was at Wisconsin law school for the last two years and was a member of Phi Delta Phi fraternity.

—R. D. Tillotson, '95, is back at work again after a week's illness.

—Miles Keysar, law '96, has gone to Viroqua on business for the Democratic club.

—Burr W. Jones, '70, addressed a democratic mass meeting at Belleville last night.

—The local chapter, Sigma Delta Sigma, will give a reception at their chapter house next Friday evening from eight to eleven.

—E. Kirby Thomas, '91, editor of the Superior Evening Telegram, has been appointed chairman of the 11th republican district committee.

—John W. Marshall, Superior high school '93, has entered the Civic Historical course at the university.

—Mr. J. L. Fischer, '98, spent Thursday at Cottage Grove, where he officiated in the capacity of starting judge for the races held in that city.

—The University of Chicago keeps a tennis team of eight men in training. These lose their places if they are challenged and beaten in two games by outsiders.

The Daily Cardinal.

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DURING THE COLLEGE YEAR.

BY THE STUDENTS OF THE
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Room 7, Democrat Building.

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J. B. SANBORN, '96, Managing Editor.
E. S. HANSON, '97, Asst. Managing Editor.

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F. V. CORNISH, '96, Business Manager.
J. P. DOHERTY, '95, Asst-Business Manager.

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| Tennis | A. Carhart. | |
| Field and Track | M. J. Gillen, H. B. Copeland. | |

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That the standard of our literary societies is to be well maintained during the coming year is shown by the way in which freshmen are joining them. As early as this in the season some of the societies are fast nearing the limit of their membership while in previous years it often reached far into the winter term before the last member had been added to the class. There can be no doubt that the demand for training such as the literary society affords is increasing year by year and that it is fast coming to be looked upon as a very essential feature of the college course. Freshmen who have intentions of joining should do so at once, else they should not blame the literary society if later they find it impossible to secure admittance.

It is indeed gratifying to both the faculty and library staff to see how well the talks by Mr. Smith are attended. The new students form no small part of the attendance and probably are more regular than previous classes have been. This is certainly to be commended in them as one of the most important branches of a practical education is to understand how to find books desired and be able to get the most out of them.

It is true also that many upper classmen are as yet unfamiliar with the new card catalogue which has been one of the topics explained. Well equipped with this knowledge the student is no longer dependent upon librarians and thus saves time for him-

self and others. Professors can soon learn how much a student secures from a reference book and are delighted when they see how well he progresses in this particular.

It has been noticed that quite a few of the students do not make a change in their clothing when they exercise in the gymnasium. They exercise in the same clothing they wear during the day and after their work, while perspiring freely, leave the building without taking proper care of themselves. If a person continues that a great while he will find that his practice does him but little good, and may do him considerable harm.

Every student should provide himself with a change of some kind for the work. If he does not care to purchase a suit he should get some of his cast off clothing and keep it for that purpose. After exercise he should be careful and not go into the cold air while he is warm. A bath is the thing to take, but if he hasn't time for that he should at least rub himself thoroughly and make a complete change in clothing and he will find that his exercise will do him some good, but unless he takes some precaution he will catch cold and his muscles and joints will become stiffened.

If the weather is at all pleasant there should be a large attendance at the field and track games at Randall Field tomorrow afternoon. Support of these athletics is very necessary now as if interest in them is allowed to lag in the fall term it is very hard to get the men to work hard in the spring. But if the enthusiasm over track athletics is started tomorrow the men will be encouraged and will devote a large part of the winter to training for the team of next spring. The high rank which Wisconsin took at Chicago in the field day last spring must be surpassed and the first place among the western colleges attained.

All of the men who are entered in the contests should appear on the track to contest in the events. Wisconsin obtained second place last spring not by the individual excellence of a few men but by the large number of moderately good men in the team. More of Wisconsin's team scored points than from any other college. Numbers count for more in track athletics than in any other sport and so nothing is so encouraging as a large number of contestants at a field day.

—Prof. Barnes lectured in Milwaukee the early part of the week.

—M. W. Kalaher, '96, was called home to Geneva this week on account of illness.

—Ben and Henry Parkinson, '94 laws, have gone to Milwaukee to open a law office.

—Miss Helen Palmer, '96, has given up her work on the hill on account of poor health.

—It is expected that Pres. Adams will deliver the address at the dedication of the new building at Illinois.

The second football eleven of Ripon has issued a challenge to pay any high school eleven in the state.

ATTENTION!

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TRAINING ON TRACK GAMES.

Continued from First Page.

a man is entered to run the first half
of a race at a fast gait. This is done
for the purpose of coaxing the unwary
ones to follow and run themselves
out, thus allowing a clubmate by his
steady work to come in strong at the
finish and win a race that otherwise
could not have been won. This is
only one of the many tricks that must
be watched for.

One of the best examples of a quick
start was in the Columbian handicap
of 1893. The entry list included about
twenty of the best professional sprint-
ers living. "Cuckoo" Collins who
had won the Sheffield Handicap in
England was looked upon as a sure
winner at the scratch as soon as he
moved off. Morris, of California, fol-
lowed him, knowing that if he could
beat Collins he could win. Try as he
would Collins was unable to get away
ahead of his opponent. Thus Morris
by good head work and the ability to
start quick won the largest sweep-
stake race ever run in this country,
and is today considered the best hun-
dred yard man living. The time given
for each heat was 9 4-5 seconds.

H. H. Everett.

OLIVER WENDELL HOLMES.

Dr. Holmes was born in Cambridge
on the twenty-ninth of August, 1809,
and lived in the old house which
formerly occupied the site of the pres-
ent gymnasium. He prepared for col-
lege at Phillips Andover Academy
and entered Harvard in 1825. At his
graduation he delivered the com-
mencement poem, and was one of the
sixteen members chosen into the Phi
Beta Kappa.

After giving up the profession of
law, on which he had started, in 1833,
he began a course of medical studies.
This he continued abroad with great
devotion for three years, mostly in
Paris. In 1839 he received the ap-
pointment of professor of anatomy at
Dartmouth, and in 1847 he succeeded
Dr. J. C. Warren as professor of an-
atomy and physiology in the Harvard
Medical school. Here he worked hard
and faithfully and won much distinc-
tion as a physician. At the time of
his death he was senior member by
appointment of the Harvard faculty.

Dr. Holmes's deservedly great repu-
tation in his profession was equalled
and even exceeded by his fame as a
writer of both prose and verse. While
in college, he contributed largely to
the Register, one of the forerunners
of the Advocate. His first brilliant
piece was the poem he delivered at
the Phi Beta Kappa dinner after his
return from Paris. The Atlantic
Monthly first brought his name prom-
inently before the public as the au-
thor of the "Autocrat of the Break-
fast Table," which was received with
great favor. Since then his success
has been uninterrupted.

The most significant fact in regard

to Dr. Holmes's death is that it ends
an important epoch in the history of
American literature. Dr. Holmes
was the last of the remarkable group
who have represented the best that
there is in the prose and poetry of
New England, and whose works will
have a lasting value.—Longfellow,
Lowell, Emerson, Whittier and
Holmes. To these writers there is
now no worthy successor. With the
death of Dr. Holmes the period of
New England's literary preeminence
comes to a close.—Harvard Crimson.

THE LAST LEAF.

I saw him once before,
As he passed by the door;
And again
The pavement stones resound
As he totters o'er the ground
With his cane.

They say that in his prime,
Ere the pruning-knife of time
Cut him down,
Not a better man was found
By the crier on his round
Through the town.

But now he walks the streets,
And he looks at all he meets
So forlorn;
And he shakes his feeble head,
That it seems as if he said,
"They are gone."

The mossy marbles rest
On the lips that he has pressed
In their bloom;
And the names he loved to hear
Have been carved for many a year
On the tomb.

My grandmamma has said—
Poor old lady! she is dead
Long ago—
That he had a Roman nose,
And his cheek was like a rose
In the snow.

But now his nose is thin,
And it rests upon his chin
Like a staff;
And a crook is in his back,
And a melancholy crack
In his laugh.

I know it is a sin
For me to sit and grin
At him here,
But the old three-cornered hat,
And the breeches—and all that,
Are so queer!

And if I should live to be
The last leaf upon the tree
In the spring,
Let them smile, as I do now,
At the old forsaken bough
Where I cling.

—Oliver Wendell Holmes.

—The following members of the sen-
ior law class will address democratic
meetings next week: B. J. Richmond,
at Marshal, this county, Saturday the
17th; C. K. Orvis, '95, at Verona, 17th;
George Kroencke, '95, in German,
next week at Springfield.

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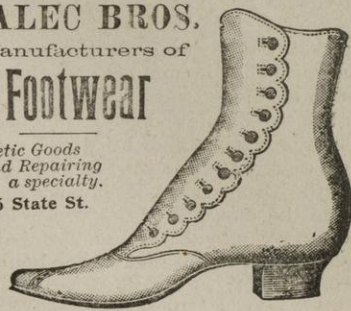
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UNIVERSITY CALENDAR.

Saturday, October 13.
Fall Field Day, Randall Field, 2 p. m.
Sunday, October 14.
Y. W. and Y. M. C. A. meeting, Law building, 3:30 p. m.
Monday, October 15.
Football game with Purdue at Lafayette, Ind.
Lecture on Economics, Prof. Scott, Law building, 4 p. m.
Tuesday, October 16.
Lecture on History, Prof. Haskins, Science hall, 4 p. m.

To Members of the Senior Class, College of Letters and Science:—The members of the senior class in the College of Letters and Science are urged to select the subjects of their theses and begin work upon them as soon as possible. It will be remembered that last year many of the seniors found great difficulty in completing their theses within the required time, and that in many cases the subject so developed that the student was unable to complete before commencement the work which he would gladly have done. It is therefore advisable that the thesis be at least blocked out before the opening of the winter term so that it may be completed before the data set by the faculty for handing them in, early in the third term.

E. A. Birge,
Dean College of Letters and Science.

CARDINAL REPORTERS: The Cardinal reporters and those trying for positions on the paper will meet at the Cardinal office in University hall tomorrow at 12 m.

—Harry Tower, '98, of Milwaukee, has gone home on business.

—Miss Adele M. Graves, '94, and L. C. Wheeler, '92, were united in marriage at the home of the bride in Milwaukee on Wednesday.

—Prof. Freeman lectured before the Shakespeare club, of Berlin last evening on "Shakespeare, Man and Poet." He will also address the Newberry club at Unity church, this evening on "The Different periods of Shakespeare's Dramatic Career."

Dr. Storrs, the president of the American board of foreign missions, will deliver an address at the Congregational church at 7:30 this evening and not in the gymnasium as was previously announced.

—Miss Slatter, a graduate of the university class of 1888, is receiving a visit from her sister, Miss Lou, of Downer college. The latter is attending the convention now being held in the city.

—Miss Florence Norton has returned from Denver, in consequence of ill health. Miss Norton was one of the leading general stenographers of that city, and will continue her business in Madison, at No. 19, Pioneer block.

Locals under this head 1c. a word.

—Bulk olives only 35c per quart at Corry Bros.

—Salted wafers only 11c per lb. at Corry Bros.

A damaged or broken hat cleaned, dyed, repaired and blacked over is just as good as a new one. Save your money by going to see B. H., 205 King Street.

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FALL DISPLAY OF MILLINERY

Thursday and Friday, Oct. 11th and 12th. University ladies are respectfully invited to attend. Miss A. Hyland, 91-2 Main street.

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Wanted:—A student who is willing to take care of furnace and clean walks in exchange for room rent. Inquire at 216 Langdon street at once.

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Daily Cardinal.

—The U. W. Partorum are now prepared to do first class work in cleaning and pressing clothes. Call and see them and get their prices at 434 State street.

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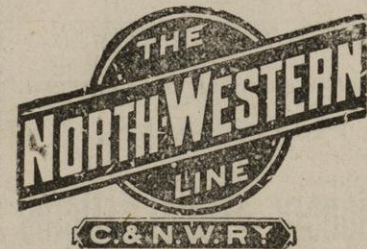
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