



## **The daily cardinal. Vol. IV, No. 27 October 12, 1894**

[Madison, Wisconsin]: [s.n.], October 12, 1894

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THE OFFICIAL PAPER.

# 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 main 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 reinfrcement 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 overreach 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:

50 yard dash, L. D. Sumner, '93	... 5½
100 yard dash, G. F. Sherman, '94	... 10.1-5
220 yard dash, G. F. Downer, '97	... 23½
440 yard dash, H. B. Copeland, '96	... 53½
Half mile run, E. B. Copeland, '95	... 2:03.25
Mile run, E. B. Copeland, '95	... 4:57½
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	... 17½
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.

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E. S. HANSON, '97, Asst. Managing Editor.  
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F. E. BUMP, '96. G. F. DOWNER, '97.  
F. V. CORMISH, '96, Business Manager.  
J. F. DOHERTY, '95, Asst-Business Manager.

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pleted by calling at the office for the  
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That the standard of our literary  
societies is to be well maintained dur-  
ing 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 de-  
mand 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 fea-  
ture 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 ad-  
mittance.

It is indeed gratifying to both the  
faculty and library staff to see how  
well the talks by Mr. Smith are at-  
tended. The new students form no  
small part of the attendance and prob-  
ably 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 class-  
men are as yet unfamiliar with the  
new card catalogue which has been  
one of the topics explained. Well  
equipped with this knowledge the stu-  
dent is no longer dependent upon li-  
brarians and thus saves time for him-

self and others. Professors can soon  
learn how much a student secures  
from a reference book and are de-  
lighted 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 them-  
selves. If a person continues that a  
great while he will find that his prac-  
tice does him but little good, and may  
do him considerable harm.

Every student should provide him-  
self with a change of some kind for  
the work. If he does not care to pur-  
chase 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 thor-  
oughly and make a complete change in  
clothing and he will find that his ex-  
ercise will do him some good, but un-  
less 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 mod-  
erately good men in the team. More  
of Wisconsin's team scored points  
than from any other college. Num-  
bers count for more in track athletics  
than in any other sport and so noth-  
ing is so encouraging as a large num-  
ber of contestants at a field day.

Prof. Barnes lectured in Milwau-  
kee 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 dedica-  
tion 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.

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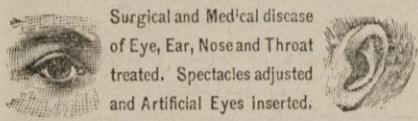
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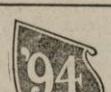
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## TRAINING ON TRACK GAMES.

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 sprinters 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, followed 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 sweepstakes race ever run in this country, and is today considered the best hundred 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 present gymnasium. He prepared for college at Phillips Andover Academy and entered Harvard in 1825. At his graduation he delivered the commencement 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 appointment of professor of anatomy at Dartmouth, and in 1847 he succeeded Dr. J. C. Warren as professor of anatomy and physiology in the Harvard Medical school. Here he worked hard and faithfully and won much distinction as a physician. At the time of his death he was senior member by appointment of the Harvard faculty.

Dr. Holmes's deservedly great reputation 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 prominently before the public as the author of the "Autocrat of the Breakfast 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 senior 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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## 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 date 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 Dower 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.

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## FALL DISPLAY OF MILLINERY

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