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MAIL CONTRACT

SEALED TENDERS addressed to the Postmaster General, will be received at Ottawa until noon, on Friday, 27th May, 1910, for the conveyance of His Majesty's Mails, on a proposed Contract for four years, 3 times per week each way, between FREDERICTON AND UPPER QUEENSBURY, LOWER SOUTHAMPTON AND MOUTH OF KESWICK, LOWER SOUTHAMPTON AND WOODSTOCK, MOUTH OF KESWICK AND UPPER QUEENSBURY, UPPER QUEENSBURY AND WOODSTOCK, from the Postmaster General's pleasure.

Printed notices containing further information as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Offices on the route, and at the Office of the Post Office Inspector at St. John.

POST OFFICE DEPARTMENT,
Mail Service Branch,
Ottawa, 12th April, 1910

G. C. ANDERSON,
Superintendent.

Learning to be discreet is what gets us into a lot of trouble.

NEWS OF SPORT

HIGH SCHOOL NOT LIKELY TO SEND TEAM

F. H. S. not to be Represented at Interscholastic Track Meet—Lacks Material for Team.

It does not look as if Fredericton High School will enter a team in the Interscholastic Track Meet this year. The local school seems to lack material and for that reason has taken no action toward organizing a track team. It will be much regretted if the Fredericton school is not represented in the meet as in the past its athletics have done well, winning the meet the first year it was held.

St. John High School has elected captains for the athletic season, William Walsh has been chosen track captain for 1910 and George Melrose will head the baseball squad.

Walsh, the new track captain, was a member of last year's team, which succeeded in winning the interscholastic sports. He will again start in the mile event with Melrose as his associate for that distance. Donnelly and Megarity are favorites for the 440 yards and pole vault, while Gorman will be entrant in the shot put and hammer throw.

The St. John team will start training this week. A. W. Corey will again coach the squad. A date for the interscholastic meet has not yet been set, but the choice will be made in the near future. Every effort will be made to have the meet in St. John.

AND BILL DID

Bill Sweeney is the Boston National field captain.

It came about this way: Fred Lake walked over to the bench in the third inning last Friday and said, "Which of you boys wants to be captain?"

George ("Peaches") Graham, fearful of what might happen, piped up, "Let Bill do it."

And Bill did.

BOUTS THIS WEEK

TUESDAY.

Tommy O'Keefe vs. Dave Deshler, Honey Melody vs. Young Loughrey, Johnny Kilbane vs. Al Delmont, Armory A. A.

Tony Ross vs. Jim Johnson, Philadelphia. Charley Sieger vs. Joe Stein, New York.

J. Glover vs. W. Clark, Unity A. & C. C. Lawrence.

Kyle Whitney vs. Bill Hurley, New Boston Club, Lawrence.

WEDNESDAY.

Dixie Kid vs. Jack Fitzgerald, New York.

Dutch Carr vs. Jig Stone, Steve Kennedy of Lawrence vs. Kid McDonald, Kid Wright of Lawrence, vs. Frank Mack, Kid Thomas vs. Tom Flanagan, John Cavill vs. Benny Burke, American A. C.

Young Dyson vs. Henry Cronson, Young Papke vs. Harry West, Young Gray vs. M. Devine, Thornton, R. I.

Frank Madole vs. Tommy Carey, Philadelphia.

THURSDAY.

Jimmy Walsh vs. Pal Moore, New York.

Leach Cross vs. Dick Hyland, New York.

Al Kaufman vs. Jack O'Brien, Pittsburgh.

Young Mahoney vs. Ed McGorty, Oshkosh.

Charley Griffin vs. Frankie Madden, New York.

Leo Houck vs. Dick Nelson, New Haven.

Jack Reardon vs. Joe Burns, Philadelphia.

FRIDAY.

Patsy Kline vs. Willie Jones, Baltimore.

Canadian Amateur Championships at Toronto (trials).

Willie Moody vs. Eddie Shevlin, Joe O'Brien vs. Max Landy, Brockton.

SATURDAY.

Willie Lewis vs. Harry Lewis, Paris.

Young Otto vs. Sammy Smith, New York.

Canadian Amateur Championships (semifinals and finals.)

The Moncton Times says: "It is stated that Amherst sports are figuring on building a new race track in that town. The horsemen are forming a syndicate to combine with the athletic association of Amherst and build a combined race course and athletic field."

J. W. Smith, St. Stephen, has the big trotter Prince Louis entered in the 220 stake at Brockton, next October. H. C. Jewett, Fredericton, has King Arion in the same race. There are 36 other entries. Dessie Patchen, formerly owned by the Springhill stables, El Galo and Northern Spy, which have raced in the provinces, are in the 2.14 pace, and Frank Fox has Improved Directly in the 2.25 pace.

TURF NOTES

Bronze Kitty, by Bronze Chief, owned by Robert Settle, Jr., Cole Harbor, foaled on Monday last a fine filly by the champion trotting stallion The Surveyor, 2.18.

Mr. Allan Archibald has sold his handsome pacing mare Minnie R. to Dr. Simpson of Dartmouth. The animal was shipped Wednesday, Minnie R., figured prominently on the ice races this winter, winning two firsts several seconds and was always well to the front.

Gibson of the Pirates has been suffering from a double dose of ivy poisoning. He let the right hand know what the left was doing and left communicated the infection to its mate.

RECTOR TALKS OF HIS SPRINTING STYLE

Invented Starting Method of his own—Used it to Good Advantage—Twelve Inch Stride.

Jimmie Rector, the University of Georgia sprinter, who created such a furor a couple of years ago, when he was credited with running a hundred yards in 9 3-5 has been telling of some of the secrets which he believed made for his success on the cinder path.

Rector attributes most of his success to his method of starting. He says:—

"It will be recalled by many of the sprinters who ran ten or twelve years ago that they were taught in taking the crouched position to plant the toe of the rear foot not less than eighteen inches behind the heel of the advanced foot. This was at that time and, in fact still is, considered fundamental by all the coaches of the day."

"Personally, I did not observe this well known rule when running, and adopted another which for the time being was unheard of, and to which I give most of the credit for what success I had as a sprinter."

"The change made was simply this: Instead of putting the rear foot some eighteen or twenty inches behind the advanced foot when in the crouched position, I brought it up to not more than six or eight inches away. It will readily be seen by one taking that position the whole body is far more compact and the response of the muscles will take effect much sooner. When one is in a 'set' position awaiting the signal he should be prepared to leave the mark with a spring, but this I found hard to do with the rear foot dragging behind like the tail of a comet."

This is the second well-accepted rule that I transgressed, and no doubt many of the coaches will refuse to agree with me upon this point. I was first taught to take a huge lunge upon my first stride, say four feet. Upon making this long stride I found the body inclined backward. It will be seen that this position is wrong and that the sprinter should be inclined forward every step of his race because the weight of his body in advance is bound to help him along.

Therefore, taking this long step upon the first stride, the sprinter must by necessity use an immense amount of energy, strength and time in his second stride to regain a normal racing position.

USES 10 TO 12 INCH STRIDE.

Seeing the disadvantages far outweighed the advantages, and well knowing that every fraction of an inch counted, I found the following change highly successful.

Instead of taking the four foot stride as above described, I took a short one, of not more than ten or twelve inches. This instantly placed my body in correct racing position. The sprinter does not have to waste his energy in merely coming to a proper attitude, because he is always thrown forward, and ready to properly take the second stride.

A great fault found with most sprinters lies in the fact that they do not properly use their arms. If they use them at all, it is usually swinging them across the body instead of along the sides. Very few realize that through the proper use of the arms, they may accelerate their speed to a surprising degree.

Properly used, the arms should be swung backward and forward, with the opposite leg. They should be swung parallel with the sides of the body, and not across, because if swung across they will correspondingly swing the whole body and disturb the rhythm of the stride forward."

DIAMOND DUST.

Fred Lake is pleased over the send-off given him by the Boston fans. He says he has some fine boys, and that there are not a few men in line that will develop into really great players.

Fred Tenney's heel is coming along. Fred can run a bit, but has to go a little easy. He says that in another month he will be able to get into the game every day.

All the big league pitchers let out for the opening, but now they will be contented to take things easily until the warm weather comes to stay.

Sec. Fred Knowles of the New York club is accompanied on the trip by Mrs. Knowles, who never misses a game. Fred had a severe illness at the end of the 1909 season, but after three months at Lake Placid has come back feeling better than he ever felt in his life he says.

Washington's start was too good to be kept up, even with Jimmy McAleer at the helm.

Franz Hopp of the Cincinnati staff of boxmen, rivals John Titus in the matter of conversation power and frequency. He spoke four words during one day's trip with the Reds and everybody emitted a whistle of astonishment because he was so prodigal of speech.

Barney Briceland, who will umpire

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DRISCOLL KNOCKS OUT ROBSON

London, April 18—A big crowd saw Jem Driscoll, the featherweight champion of England, knock out "Spike" Robson, also of England, in the 15th round for the featherweight championship and a purse of \$5,000. The bout was scheduled for twenty rounds but Robson was outclassed. The Lonsdale belt goes to the winner.