

FOREWORD

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DEDICATION

Special dedication to my energetic and enthusiastic son Christopher, my stunningly beautiful daughter Allison, and my lovely and understanding wife Mylinda.

-Kirk Lawson

BOXING

BOXING

BY

D. C. HUTCHISON



Number 44



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INTRODUCTION

BOXING cannot be properly learned from any book. The boy who wants to learn boxing can best do so by getting practical instruction from a proficient teacher, and later when he has some familiarity with the elements of the science by working as a sparring partner with some experienced man. It is a remarkable fact in the lives of great fighters that many champions and near champions have been at some time or other the sparring partners of former champions.

Practical hints such as are contained in this hand-book will be found helpful to those who have access to good instructors, and to those remote from urban centers who with the assistance of an enthusiastic partner carefully rehearse the various movements a fundamental knowledge of the game will be conveyed, such as will be of use should the chance arrive later to work with a skillful man.

It is always a help for the learner to see

good boxing, and this even to those living in rural districts is becoming less difficult. The number of good amateur boxers has greatly increased within the last year or two, and, as a result of this and of the awakening interest in the pastime it may now be witnessed at clubs and gatherings where formerly it would have been discountenanced.

To become a good boxer requires certain physical and temperamental characteristics, without which it is not advisable to take it up. If you are fairly strong and agile, have a good normal heart, good lungs and stomach, unobstructed breathing organs, good eyesight, well-knit though not necessarily large hands; if you are temperamentally alert, have a fairly even temper, and are willing to accept physical punishment with equanimity you are pretty well equipped.

In making use of this hand-book I would suggest that the learner make himself as proficient as may be with the blows and defensive tactics discussed in chapters I and II. These are fundamental and essential.

Different individuals will find the various movements described more or less facile or difficult, according to their peculiarities of build and natural action. With the single exception

of the straight left, which at first comes with difficulty to most novices and without the mastery of which no one can hope to box, give most attention to those blows and guards which come most natural to you, and those that you cannot perform with a fair degree of speed and success after a reasonable trial you may altogether discard. Many first class boxers make use of comparatively few blows and it is far better to know a few maneuvers and to know them thoroughly and practically than to have a theoretical smattering of every variation of hit and trick of defense.

Be patient with your partner. Be willing that his progress in the knowledge of the game keep pace with your own. This will be to your advantage in the end. So in following the lessons make a fair division of the time that each shall give to the repetition of any already acquired movement for the benefit of the other.

In boxing with your partner I do not advise pulling punches, that is, withholding the full force of blows. It is better to use gloves sufficiently large and well padded so that they will not injure an opponent. After you have acquired some degree of skill work with every variety of partner, with men taller than yourself, with shorter men, with heavier men,

and with lighter men, and, whenever you can, with those who know the game better than you do. Every bout you engage in with better boxers than yourself will teach you something, and if you are of the stuff good boxers are made of you will not mind, though occasionally you have to pay for your lesson with a black eye or a sore anatomy.

EARLY PRACTICE AND THE
SIMPLE BLOWS

CHAPTER I

EARLY PRACTICE AND THE SIMPLE BLOWS

BOXING is scientific hitting, so the first thing the boy who wants to become a boxer should learn is the correct way to hold his hands and arms so as to deliver a hard, true punch. There is nothing better for this purpose than a dead bag. Not all gymnasiums are equipped with this fixture, but you can easily make one yourself. Get a strong bag of close weave and fill it with a mixture of sawdust and sand until it weighs from fifty to one hundred pounds, according to your size and strength.

Suspend it from the ceiling by a stout cord so that the middle of the bag is level with the pit of the stomach. If you can have your cord attached to the bag by a swivel, so much the better. When you have it arranged to your satisfaction, put on an old pair of kid gloves—there is no need to use boxing gloves—and face

the bag in the position shown in Fig. 1, with left foot advanced twelve to eighteen inches before the right. There is nothing arbitrary about the distance your feet should be apart. It must depend upon your build; but don't straddle too much.

Stand far enough back from the bag to put all the weight of your body into your punches as the bag swings toward you. At first you may plant yourself flat-footed, but avoid keeping the legs too stiff. Punch straight with both fists with all the weight and snap that is in you. At the moment of impact see that the fingers are tightly shut over the palm, and the thumb over the fingers. You may occasionally vary the exercise by standing in closer to the bag and punching with bent elbows. Keep the elbows fairly close to the sides and the fist true on the forearm. If the fist is not driven straight into the bag with the forearm directly behind it you will get a sprained wrist. Avoid also hitting with the thumb joint turned toward the bag, or you will have a sprained thumb. Most beginners at boxing meet with these mishaps before they learn how to hit. An ordinary pneumatic punching bag, though valuable as a training appurtenance, is inferior to the solid bag for hitting.



Fig. 1.—On Guard.

The general position assumed in boxing is shown in Fig. 1. Keep the head up, the chin slightly drawn in toward the neck, the face turned a little to the right, the left shoulder raised somewhat while the right is slightly lowered; the left arm should be bent, with the hand about level with the chin, while the right is held across the body in such a way that all vulnerable parts of the body above the belt may be easily covered by it, that is with the forearm across the stomach and the hand over the heart. The stomach should be drawn back somewhat and the left foot should be flat on the floor, and advanced in a plane with the left arm.

The right heel should be raised about an inch letting the weight come on the ball of the foot, and the right toe should point out to your right at about the same angle as you use when walking. The weight should be evenly distributed on both feet. After you have attained some proficiency this position will naturally be modified by your build and individuality. Whatever it be, it must permit of easy and rapid advance and retreat and freedom to hit or block with either hand.

The beginner should practice foot-work before putting on the gloves at all. Take the

position shown in Fig. 1, and practice advancing rapidly by stepping forward with the left foot, then bringing up the right foot so that you are in the original position. Retreat by stepping back with the right, then following it with the left. Step to the right with the right foot first and to the left with the left foot first.

Give a good deal of attention to the following series of movements known in boxing parlance as side-stepping. Take a quick step back with your right foot, follow quickly with your left foot, just enough to retain the original boxing position, then a long fast step to the right with the right foot, bringing the left after it at the same time as you wheel to your left, still in boxing position. The whole maneuver when perfected should be done as one swift, smooth, uninterrupted movement. Practice footwork in conjunction with punching the dead bag. Keep moving around it, hitting from all sides, and practice stepping forward with the left foot and delivering your punch at the same instant. You will understand the objection to straddling with feet too far apart if you will attempt to step forward or retreat when in that position. Where the feet are already wide apart it is impossible to take a good step either forward or backward. Good footwork is one

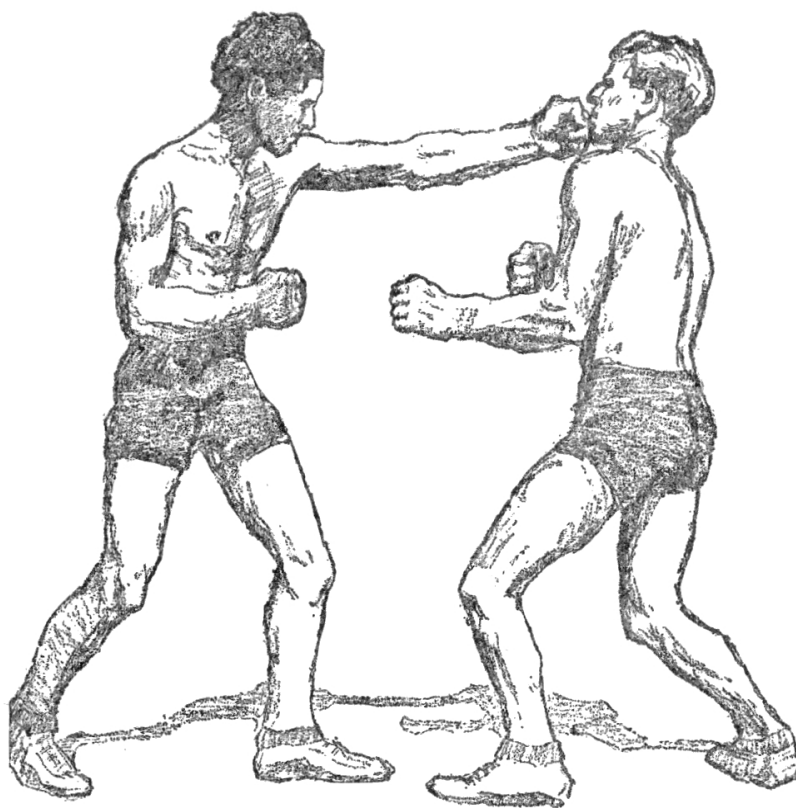


Fig. 2.—The Straight Left.

of the best defenses and will enable a light but agile man to offset many pounds weight in a heavier adversary. In practicing these exercises keep the muscles of legs and arms relaxed. It is sufficient to have the feet well-braced and the arm muscles contracted when you land. By keeping tightened up all the time you only tire yourself unnecessarily.

The first punch to master is the straight left, usually called the left jab. Raise the dead bag till its center is level with your shoulder. Take position in Fig. 1, back from the bag, so that you can just touch it with the left arm extended, fingers and all. Step toward it with the left foot, raising the right heel, and at the same time straighten the left forearm with a snap. The speed and effectiveness of the punch will depend on the snap.

Now put on the gloves with a partner. Use eight-ounce gloves and practice at first with a man near your own weight and height. Face each other on guard as in Fig. 1. Step in with the left foot and straighten out the left arm in one movement as you have already practiced on the bag. The jab is landed as shown in Fig. 2. The palm should be turned in and slightly up, landing with the third phalanges. From the first it is well to practice

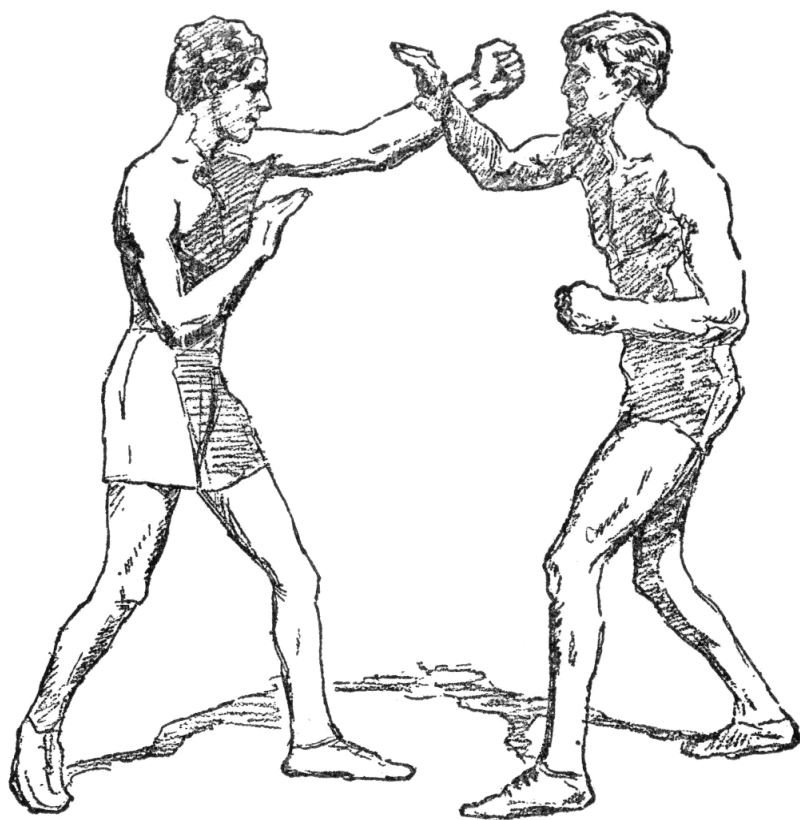


Fig. 3.—Blocking a Straight Left.

dropping the chin inside the left shoulder simultaneously with the extension of the arm.

Besides being the art of scientific hitting, boxing includes the art of defending ones self from blows by the fists. Most useful in defensive tactics is the art of blocking. By blocking a blow is meant the interposition of the hand or forearm, or the elbow or shoulder between the striker's fist and the part aimed at. Fig. 3 shows one method of blocking the straight left. The right arm is thrown up, open palm turned to the striker, so as to catch the blow on the fleshy part of the forearm. Let both partners practice the jab and block at the same time, as in Fig. 4. Step in about fifteen inches, shoot out the left, and bring up the right guard, the three movements being executed simultaneously. Step back with the right foot and repeat the movement.

A straight left may be avoided by throwing the head sharply to the right or left, letting the blow glance by harmlessly over the shoulder. This maneuver is described as side-slipping, and is illustrated in Fig. 5, where both boxers have evaded left leads, one by blocking, the other by slipping. The side-slip proper is performed by the head alone, or with only a slight accompanying motion of the shoulders,

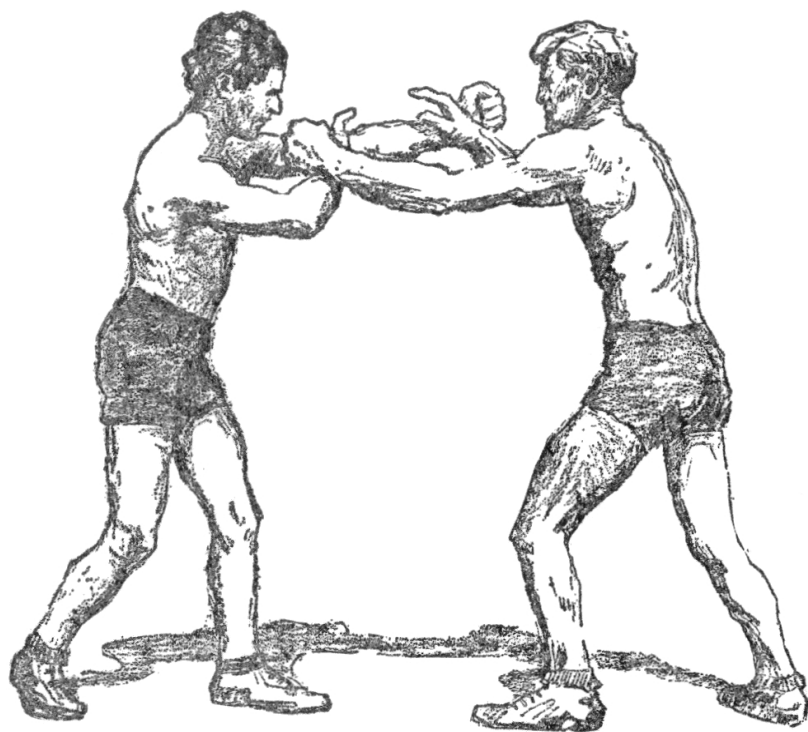


Fig. 4.—Double Straight Left Lead and Block.

but sometimes it is used coincidentally with a step forward to the right or left when the body from the waist is thrown sharply forward to one side, partaking somewhat of the nature of a duck. The terms ducking, side-slipping, and side-stepping are not very clearly defined among boxers. Often a movement resembles all three.

Practice leading a straight left at the same time as your partner, both permitting the punches to land; then practice slipping them at the same instant; finally try the combination illustrated in Fig. 5, one blocking the left lead, while the other slips it. This diagram shows the advantage of slipping a blow as compared with blocking it. The man who slips it has a hand in reserve.

Hook blows as distinguished from straight punches are blows delivered with bent elbows. They are employed at shorter range, consequently are more easily landed than the former. The left uppercut is a left hook directed upward. Your practice of hook blows on the dead bag will have prepared you for effectively landing this punch. By swinging the bag wide, stepping in almost beneath it and meeting it with an upward hook, while it is still in an oblique position you can get good practice in

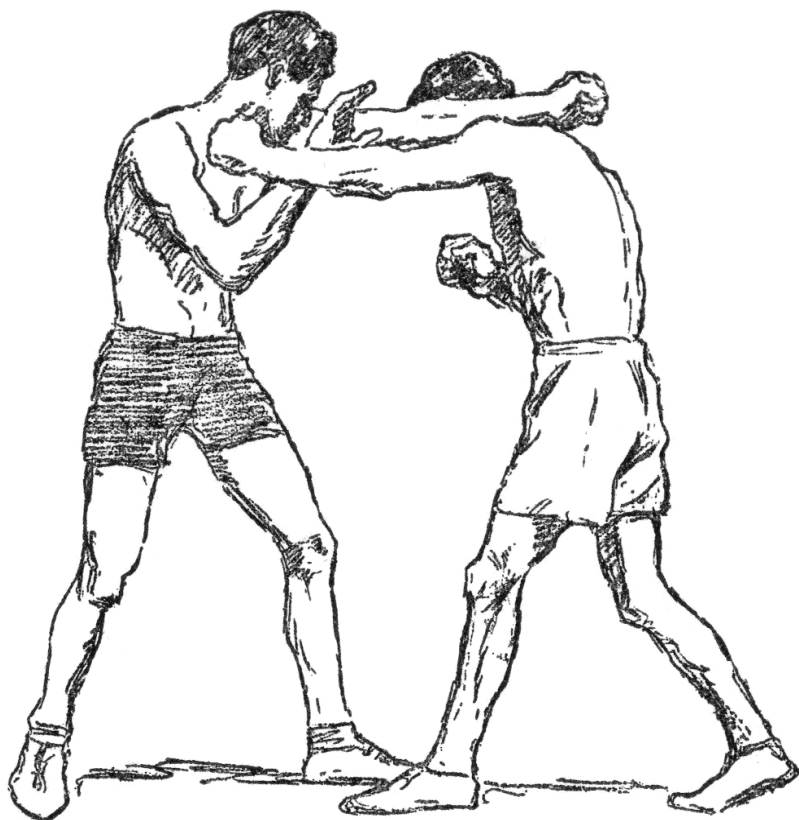


Fig. 5.—Simultaneous Left Leads, One Blocked, One Side-Slipped.

delivering an uppercut. The back of the hand should be turned toward your opponent. Keep the forearm stiff and the fist slightly bent inward, landing with the back knuckles. The feet should be planted firmly and the entire weight of the body from the toes up thrown into the punch.

There will be times when your opponent is too close to you, or his head too low for the effective use of the jab. Whenever he makes a movement to your left with his head down is your opportunity for a left uppercut. It may be landed on the chin, as in Fig. 6, or on the face.

A way to block a left uppercut is shown in Fig. 7. Keep the muscles of the forearm and hand strongly contracted and meet the blow with sufficient resistance to prevent the uppercut from jarring your guard violently against your chin. It is not necessary to try to block always with the palm; the forearm does as well sometimes, but when blocking the palm should be kept open.

The left hook to the body should land on the pit of the stomach (solar-plexus), the apex of the A-shaped space made by the parting of the ribs, to be most effective. At the same time you should throw your head forward and

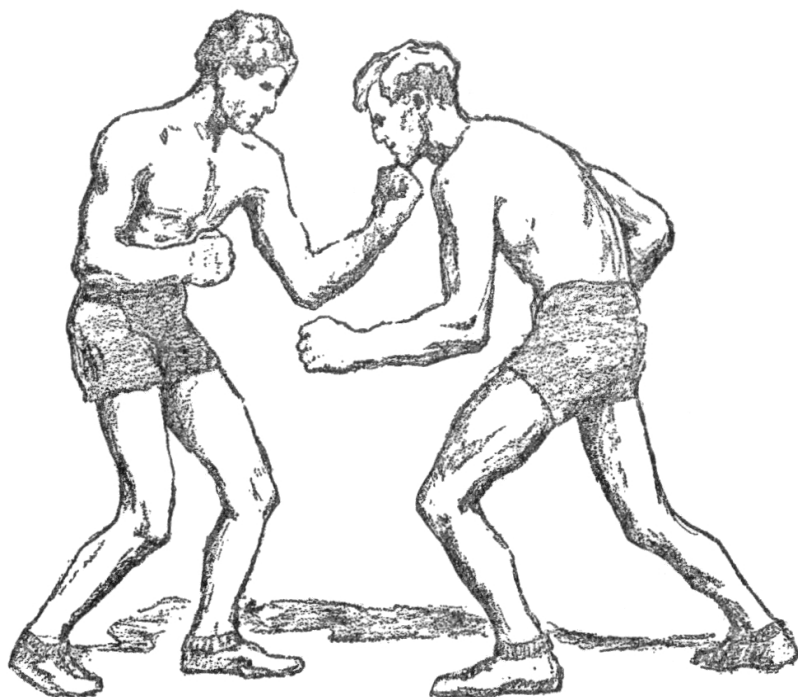


Fig. 6.—The Left Uppercut.

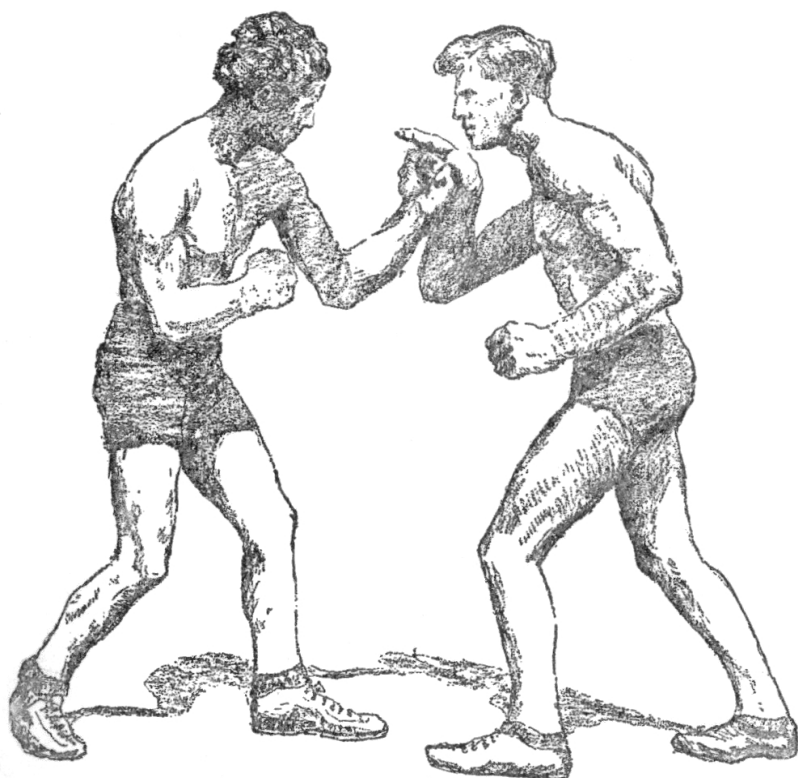


Fig. 7.—Blocking a Left Uppercut.

to the right, bringing the shoulder well up behind the blow, as in Fig. 8. This movement is a combination of the slip and side-step. A simple block for the left hook to the body is the right forearm across the stomach. See Fig. 8.

You may now face your partner and practice these two hooks simultaneously. Step in and aim a left uppercut at his chin, at the same time keeping your right guard across the solar-plexus as in Fig. 7. Your partner will block your uppercut with his right, at the same time as he hooks his left to your stomach, which, of course, your right will stop if it is where it ought to be. Time these punches and blocks so that all four take place as one movement. Then change about and while you work the left hook to the stomach let your partner work the uppercut.

The only right-hand punch we shall discuss at this period will be the right-hand hook to the jaw, called the cross-counter. It is usually employed when your rival has led with his left. You allow the left hand to pass over your shoulder (either right or left) or even take it flush on the face for the sake of getting in this deadly blow. The right is then crossed over your rival's extended left, as in Fig. 9,

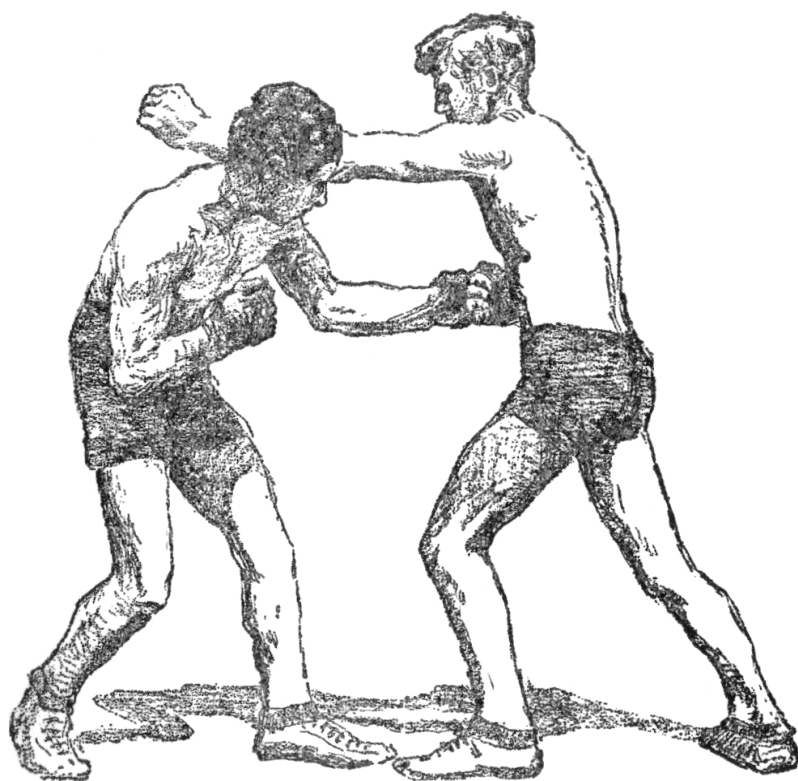


Fig. 8.—Left Hook to Body.

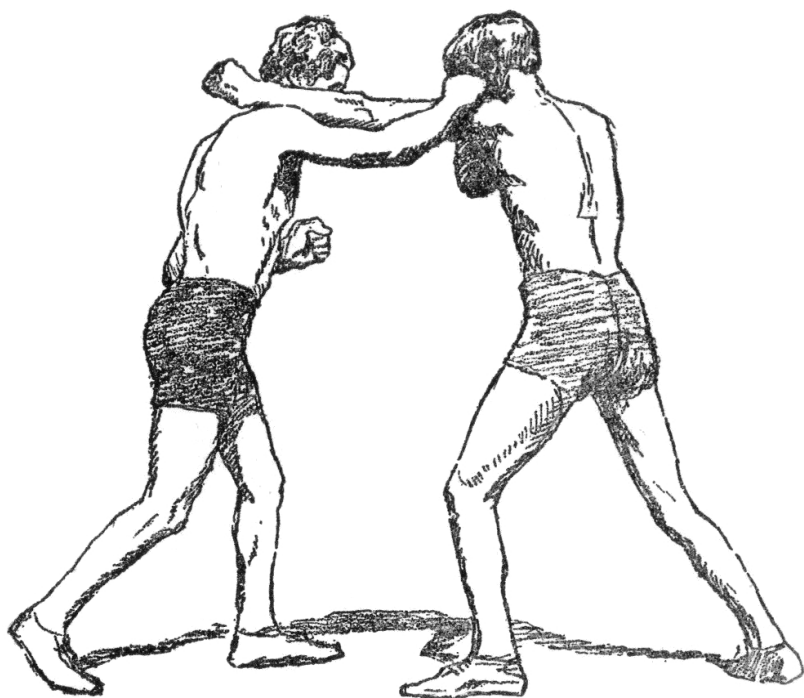


Fig. 9,—The Right Hook to the Jaw; the Right Cross-Counter.

landing on the jaw. This punch gets the full weight of the body behind it, and when landed cleanly on the point of the chin or on the angle of the jaw, constitutes the knockout blow, that is, one that renders the recipient unconscious for at least ten seconds.

One block for this blow is shown in Fig. 10. Keep the right palm open and the forearm stiff, with the glove three or four inches away from your jaw. The force of the right cross is so terrific that if you allow your guard to touch your jaw, the blow may knock you down in spite of the interposed glove. It is a good plan when leading with the left to keep the shoulder well up and the chin down, thus protecting the jaw.

Practice the right cross-counter as shown in Fig. 9, slipping the left jab and crossing your right to the jaw, but of course in this case you must withhold your full force from the punch. Then you may practice hooking your right to your partner's jaw while keeping your left across your stomach, as in Fig. 10. Your partner will block the punch with his right, at the same time hooking his left to your stomach, which you must be prepared to block in turn.

You now know how to deliver four of the most effective punches in boxing, and one way

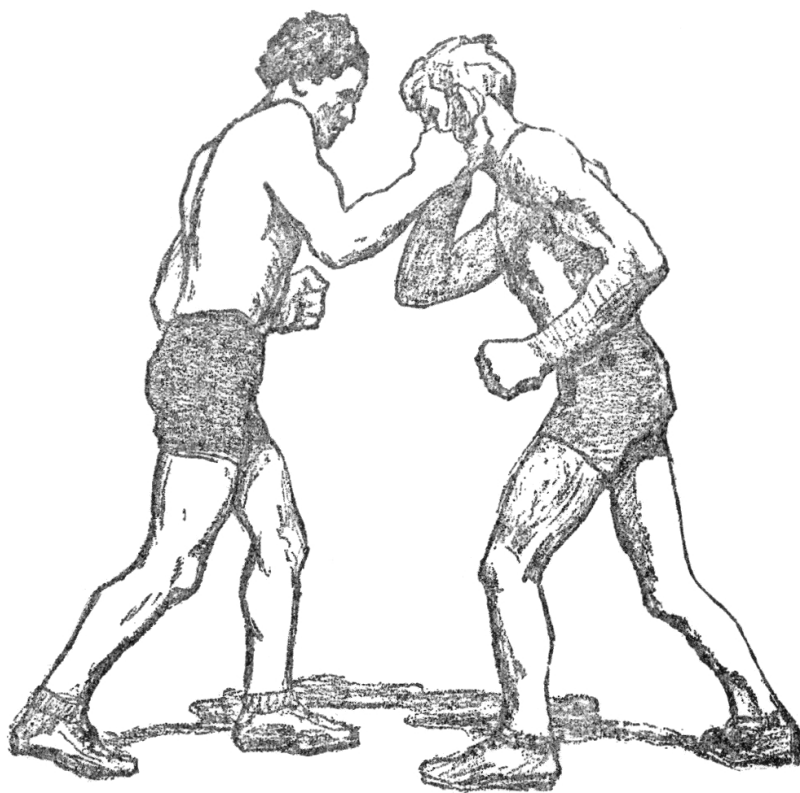


Fig. 10.—Blocking a Right Hook to Jaw.

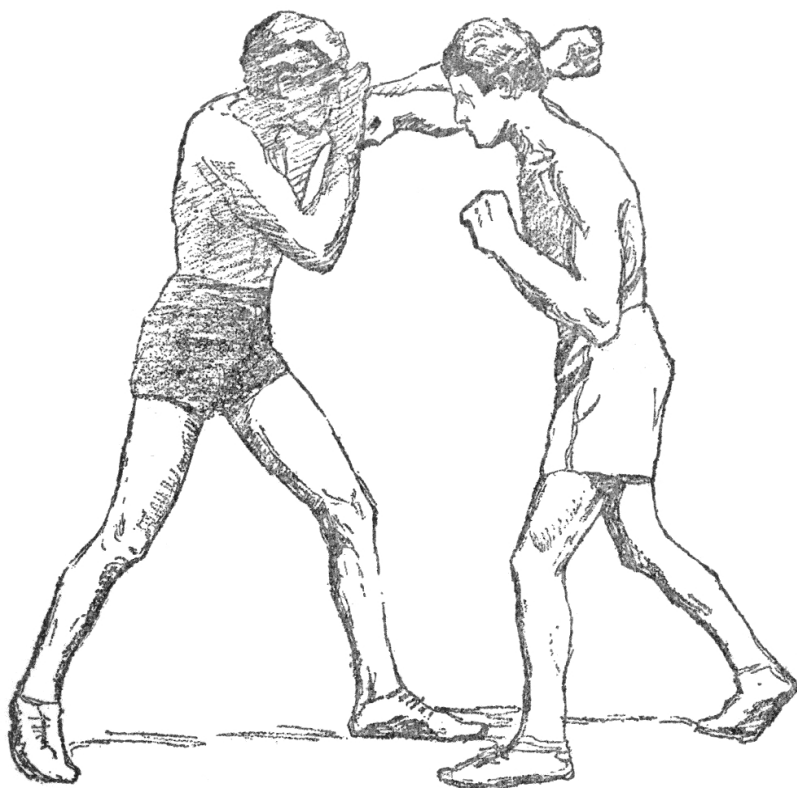


Fig. 11.—Jolting Right to Jaw After Blocking Left
Lead With It.

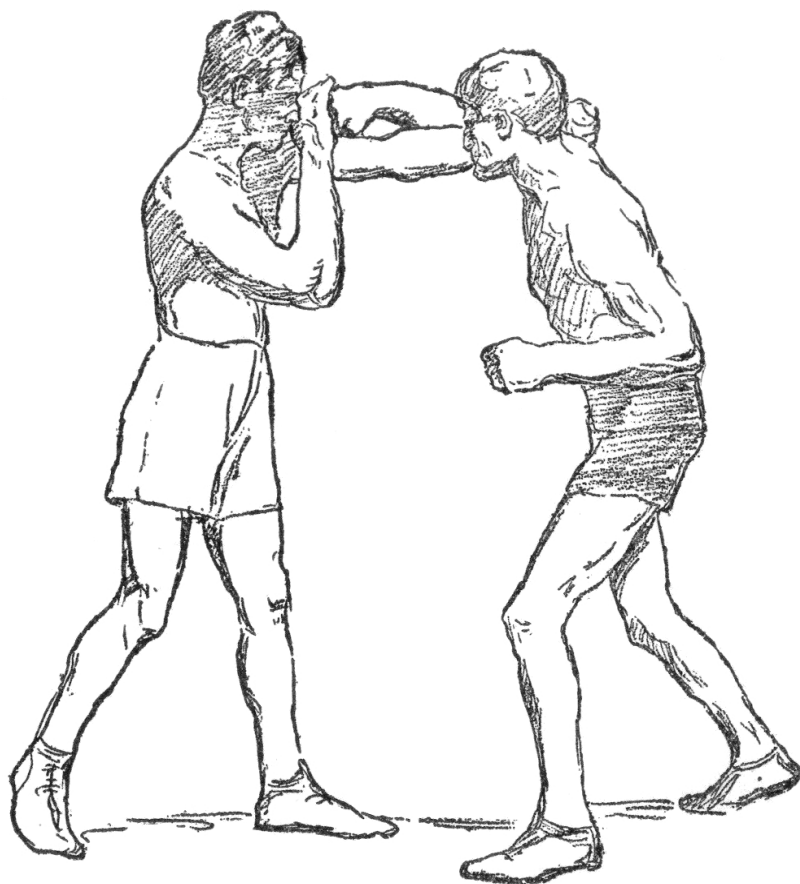


Fig. 12.—Straight Left Countered with Right Cross
Which Is Blocked.

to block each. You also know enough of footwork to step out of range of punches you can't block. You and your partner are now ready for a bout, where each will be free to employ whatever form of attack and defense within his knowledge his judgment deems best, and when you will have a chance to learn the meaning of headwork in boxing. Before engaging in a bout, even in practice, it is usual to shake hands, a good custom which ought always to be observed. In sparring for an opening, by which is meant the preliminary maneuvering to find an advantage, footwork and feinting play an important part. By feinting in boxing is meant any movement, real or pretended, or any attitude used to mislead your rival with regard to your true intentions.

Feinting is most often employed to get your opponent to shift his guard, and it is good policy to always feint once or twice before a real lead. To feint a straight left step in as for a genuine straight left and start the left fist toward your man, retracting it either to be followed by a true left or by a right, depending on his defense. Feinting is also employed to draw an opponent into a lead. For instance, if you want him to lead with his left, it is often sufficient to leave your face exposed. Feinting

is most generally done with the left or advanced hand, but a feint with the right by drawing it back slightly but swiftly is very disconcerting to some boxers.

Keep your eyes on your opponent's every movement. Try to get him to attempt leads and blocks that will leave him open to your attack; work fast, and try to land as cleanly as on the dead bag. Avoid pawing and pushing, and wasting your energies in ineffectual movements.

**STRAIGHT LEFT, RIGHT HOOK
AND COMBINATIONS**

CHAPTER II

STRAIGHT LEFT, RIGHT HOOK, AND COMBINATIONS

THE position of the boxer, on guard with extended left, makes that hand the skirmisher, as it were, who feels out the strength and weakness of the enemy and opens the way for the heavy artillery, the right. A straight left is often led solely to gauge the other man's distance, to find the range, as we say. When so used it is almost always followed up by another blow, usually a right hook or swing to the jaw.

The left jab is often used as a stop blow. By this is meant a punch which landed when your opponent is in the act of delivering a blow will spoil his effort, or at least rob it of its full effect. Some boxers have the habit of "telegraphing" their punches, as it is aptly called in ring language. Such a one will often draw his right back several times before at-

tempting a swing. The best way to meet such a movement is with a stinging left to the face. This is true whether his action is unconscious telegraphing or intentional feinting.

The jab is a difficult punch to block when delivered with great speed, and when landed is sufficiently disconcerting to leave its victim open to another blow, for the undeviating rule of the boxer is: whenever you land a punch, follow with another, and when you avoid one, counter. A counter blow is one given in exchange for another.

The jab is often followed up by a right hook to the jaw. Look carefully at the positions of the two boxers as illustrated in Fig. 2. The man on the right, confused for the moment by the jab to the face, is a ready victim for the right hook which will follow in an instant. Now look at Fig. 3. The jab blocked, the man on the right is alert and watchful, and the chances are his own left will be quicker than the other's right. He will probably jab, or he may jolt his right to his opponent's jaw almost in one movement with that which blocks the jab. At any rate, his right is "inside" the other's left, always an advantage, while he, as well as the other man, has one hand in reserve. Just because of the opportunity to follow the

right hand block with a punch by the same hand, this method of blocking a straight left with the forearm is preferable to blocking it with the palm, as is sometimes done.

The learner must practice the double movement mentioned above. Block the straight left as shown in Fig. 3, then with as little pause as possible hook the right to the jaw. The other man may bring his right guard up, thus intercepting the hook. See Fig. 11. Another exchange that ought to be practiced at this stage is illustrated in Fig. 12. You lead a straight left at your partner's face, at the same time bringing up your right guard. He slips your left and delivers a right cross, which of course is blocked by your right. Step back and change about, your partner leading this time, while you slip and cross him.

Your work with the dead bag will have given some preparation for delivering a right hook to the body. This blow, the right counterpart of the left hook to the body, is delivered to the heart or short ribs, and though not classed as a knockout blow has a very weakening effect on anyone receiving it and will help to take the venom out of his punches. When a man leads a straight left for the face his arm and shoulder are often in themselves

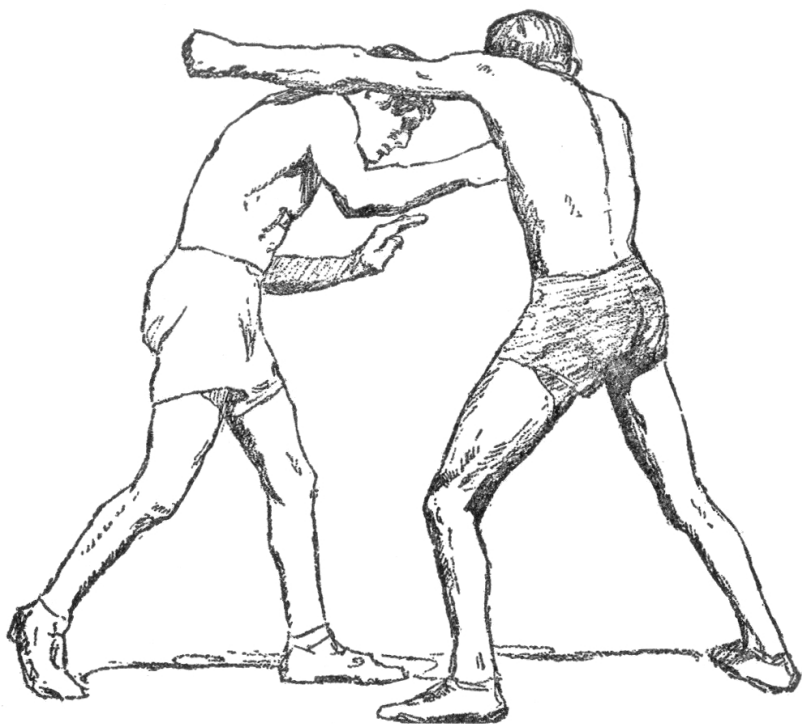


Fig. 13.—Straight Left Slipped and Countered by Right Hook to Body.

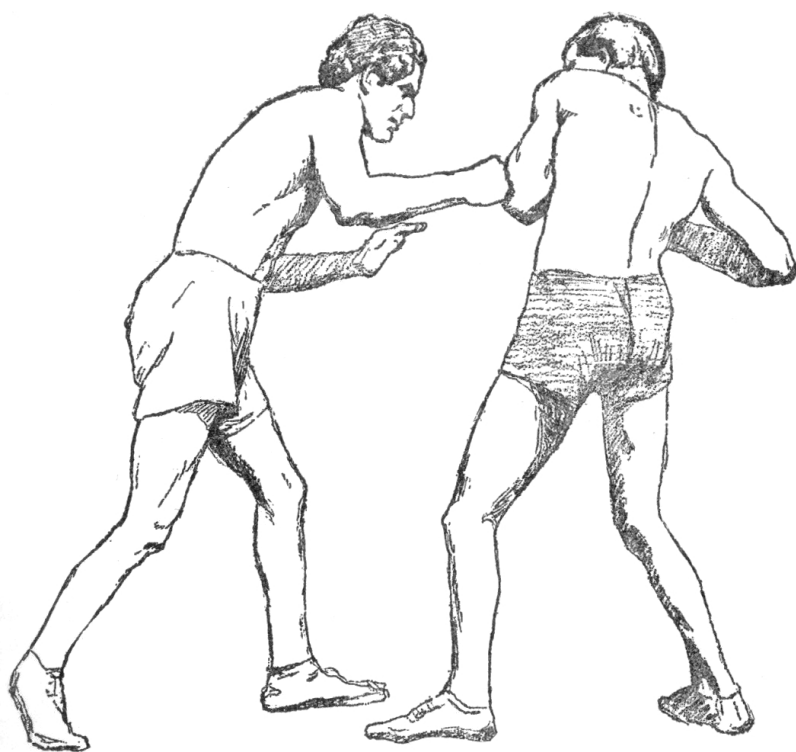


Fig. 14.—Blocking Right Hook to Body With Left Arm.

a protection to his jaw, and it is difficult to land a right cross-counter, but the same lead leaves his entire left side exposed so that a good opening is made for a right hook to his ribs. Fig. 13 illustrates a straight left avoided and countered by a right hook to the body. It requires speed and fine judgment of time to slip a left lead and get such an opening, but once obtained, it is almost impossible to block the punch, and this fact makes its practice well worth while. About all the other man can do is to reach far around with his right glove in the hope that your hook may land on the back of it, and if he does that he leaves his face open to your left. Practice the slip diligently, crossing the right to the jaw when possible, and hooking it to the ribs whenever the jaw is covered, as in the diagram, Fig. 13.

The best block for a right hook to the body is the left arm held close to the body and covering the heart and ribs, as in Fig. 14. By allowing your body to recoil some under the impact of the blow you will lessen its effect. Fig. 15 shows another method of blocking a right hook to the body. The forearm must be rigid and strongly braced to resist a right hook in this way, and the fleshy part turned out. Some boxers stoop a little, lower the left shoul-

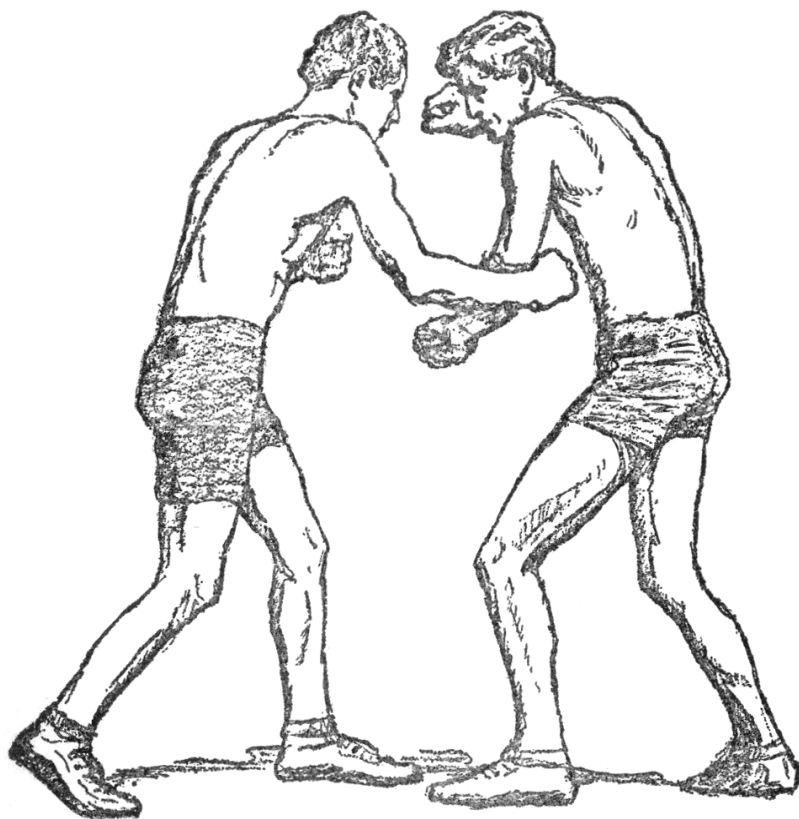


Fig. 15.—Blocking Right Hook to Body With Left Forearm.

der, and stop the hook with the elbow. A left hook for the body may be similarly blocked with the right forearm. See Fig. 16.

You and your partner ought to practice leading and blocking at the same time, as is shown in Fig. 16, where both have led and blocked left hooks to the body. Practice leading and blocking simultaneous right hooks in the same way.

The right-hand cross-counter, Fig. 9, is a right hook to the jaw. The name right-hand cross-counter is also given to a right swing when it is delivered to the jaw over or across a rival's extended left. A swing differs from a hook in that the arm is straighter in the former, consequently the blow travels farther than the hook and has more leverage. It may be added that it is usually slower. The swing belongs more truly to the fighter's repertoire than to that of the boxer. The block shown in Fig. 10 is equally effective for a hook or 21 swing. By studying the diagram, Fig. 10, it will be seen that the natural punch to follow up a right hook when blocked in this way is a left to the jaw. The natural thing for the man blocking to do next is to hook his left to the body.

Neither man is in a position to block a

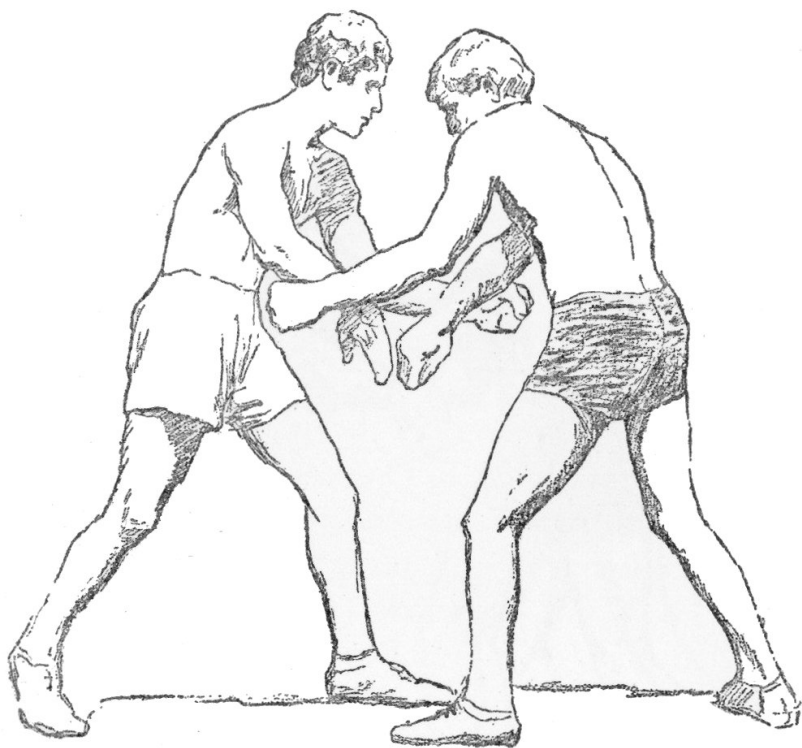


Fig. 16.—Simultaneous Left Hooks to Body Blocked by Right Forearms.

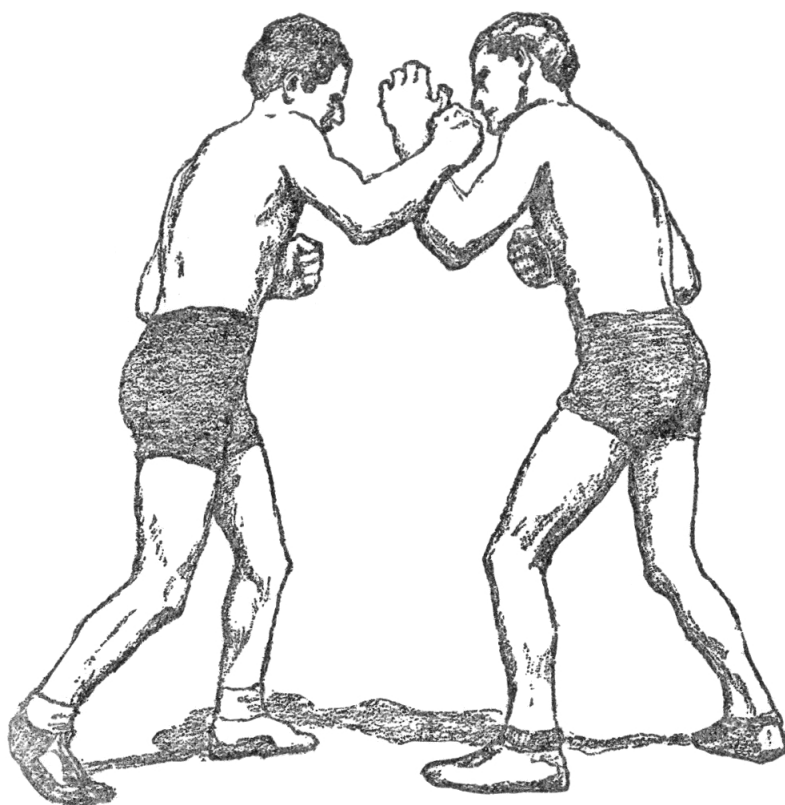


Fig. 17.—Blocking a Right Hook or Swing to Jaw With Left Forearm.

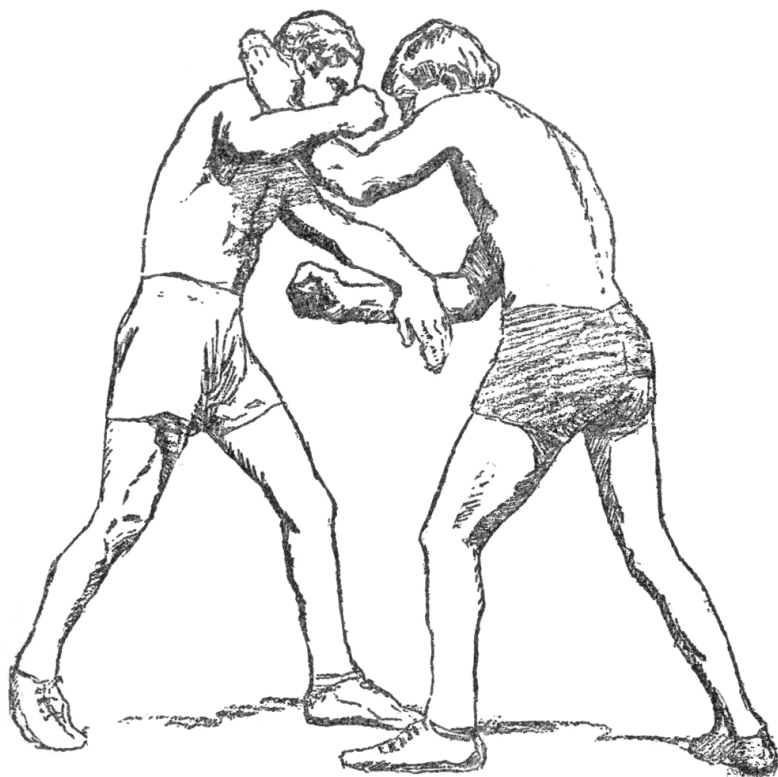


Fig. 18.—Right Hook to Jaw Led by One Man. Right Hook to Body by the Other; Both Blocked.

counter, and it is a question of whose punch will land first. This method of blocking a right hook or swing has the disadvantage of leaving the face or right jaw exposed to a jab or a left hook if the right was only a feint. Fig. 17 shows a right hook for the jaw, blocked by the left forearm. In blocking a right hook or a swing in this way the forearm must be kept stiff, and pushed strongly outward to break the force of the blow. This method of blocking a right hook or swing gives you a good opportunity to send your right to his jaw or body, depending on the position of his left guard.

You may now practice the following combination. Lead at your opponent's jaw with a right hook at the same moment as he leads a left hook at your body. Both block at the same time. See Fig. 18. Alternate, and while he leads for the jaw, you lead for his body. Practice a similar combination of the left uppercut and the left to body. Lead a left uppercut for your partner's chin at the same instant as he leads a left hook for your stomach. Both block simultaneously with the right. Alternate, letting your partner lead for the chin while you lead for the stomach. Fig. 19.

Fig. 20 shows how a right swing may be

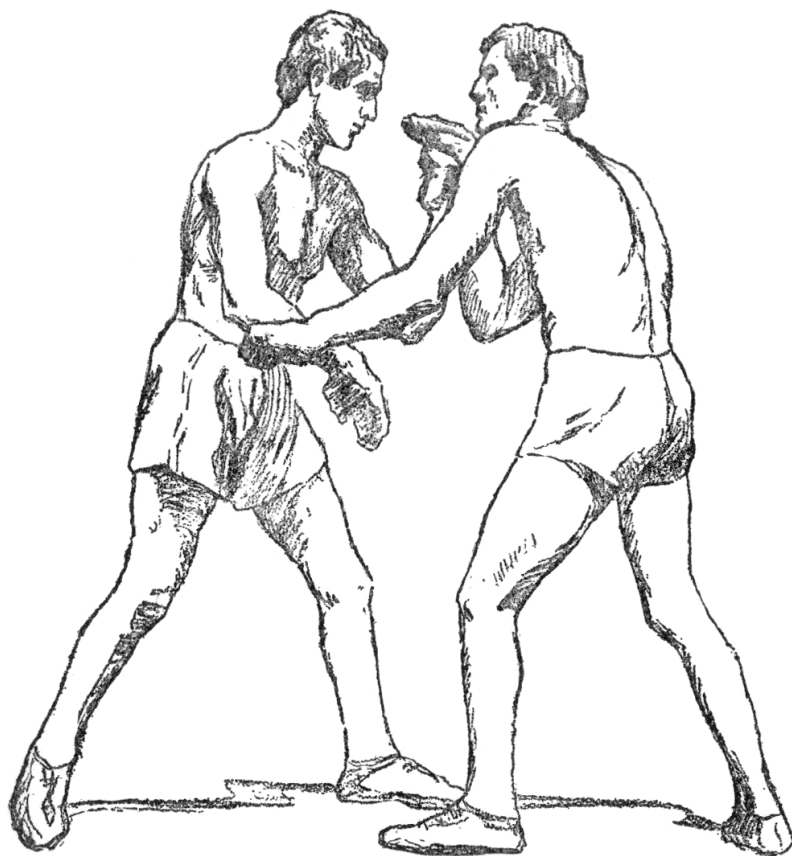


Fig. 19.—Left Uppercut Led by One Man. Left Hook to Body by the Other; Both Blocked.

stopped before it is well started. As your opponent's right starts, thrust out your left with palm forward, striking his arm below the shoulder. This is effective when it can be worked, as it not only checks the swing, but keeps your opponent at such a distance that he can't reach you until you bend your arm, and, the advantage being with you, you may beat him to the punch with your right.

In all defensive tactics, in blocking, countering, and avoiding blows by slipping, even more than in hitting the one great essential is perfect timing. Together with sure judgment of time must go accurate judgment of distance. Boxing in this respect is on a par with any other game requiring a high degree of skill. The batter who strikes at a pitched ball a fraction of a second too soon, or too late, the sportsman who fires at a flying bird without making sufficient allowance for its distance and the rapidity of its flight, are no worse than the boxer who raises his guard too late, or who directs a punch at the jaw and lands it on the ear, or cuts the air with it.

The learner should bend this every effort to the perfection of his judgment of distance and time, for therein, above all else, lies the distinction between the expert and the novice.

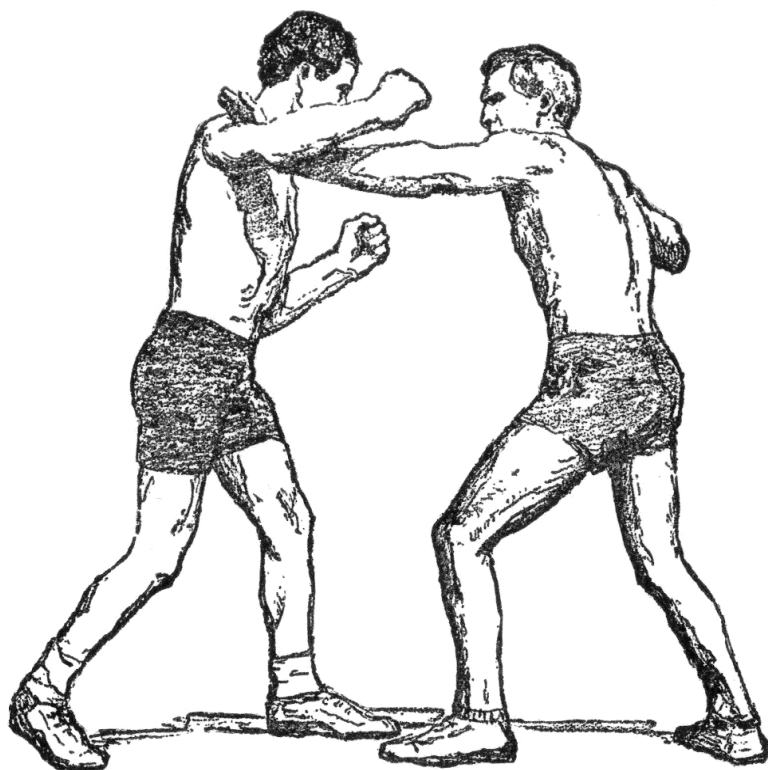


Fig. 20.—Right Swing Stopped Before Well Started.

Besides boxing itself, which is the best of training for speed and sureness of hand and eye, punching the pneumatic bag and the game of handball are excellent.

Good judgment of time and distance partly constitute what is called good headwork in the ring. But good headwork embraces much more than these. Following out the simile used at the beginning of this chapter, if the left hand may be likened to the skirmishing line and the right to the artillery, the head may be regarded as the general who supervises and directs both.

The intelligent boxer fights no two men alike. He notes the temperament, the build, the posture, the style of his antagonist, and directs his battle accordingly. He will conceal his ultimate designs with false attacks; he will ascertain wherein lies the greatest danger from his rival, and where he is most vulnerable; he will endeavor to outguess and outmaneuver him, and will often cause a slower thinking adversary to help defeat himself. It is this matching of wits in the ring that raises a boxing exhibition above the level of mere brute struggle, and in this, added to man's inborn love of combat, lies the appeal of the game to so many persons of standing and intelligence.

**ADVANCED BLOWS AND COUN-
TERS AND FANCY BLOWS**

CHAPTER III

ADVANCED BLOWS AND COUNTERS AND FANCY BLOWS

WHILE it is a good plan to keep the left shoulder advanced and the left side turned toward an opponent when feeling him out or boxing on the defensive, for purposes of offense it is better to keep the chest squarer in front of him; that is, to stand with both shoulders more equally distant from him, as then you are in a better position to hook with either right or left and to throw the shoulders behind your punches. This will be evident to any one when punching the dead bag where the natural inclination to equalize the force behind the alternate right and left hooks is so strong that beginners have a tendency to stand with not only the shoulders but also the feet equally distant from the bag. This position of facing an adversary squarely is better, too, for using the straight right, a good punch for long range boxing, and one

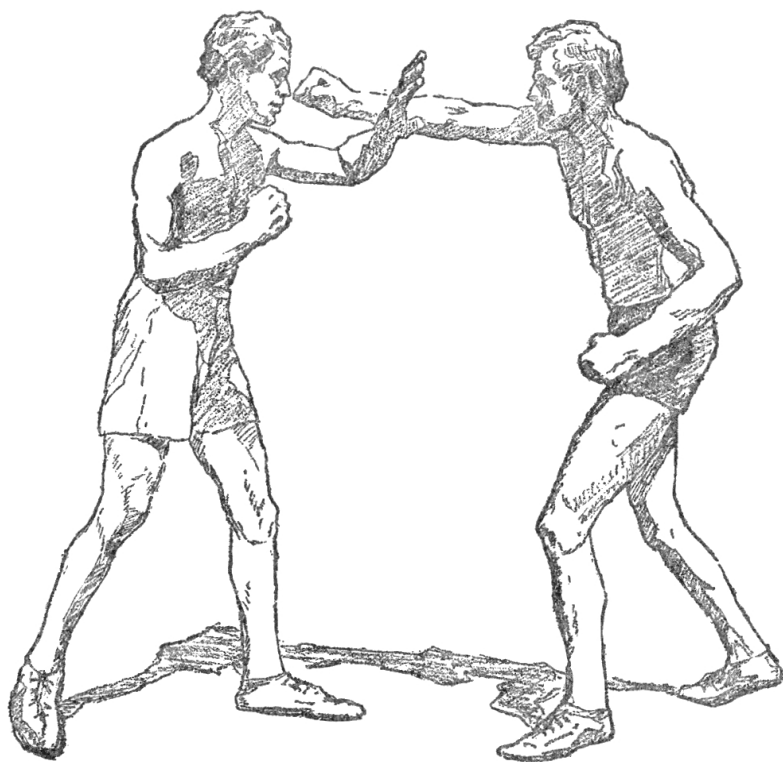


Fig. 21.—The Straight Right and Block.

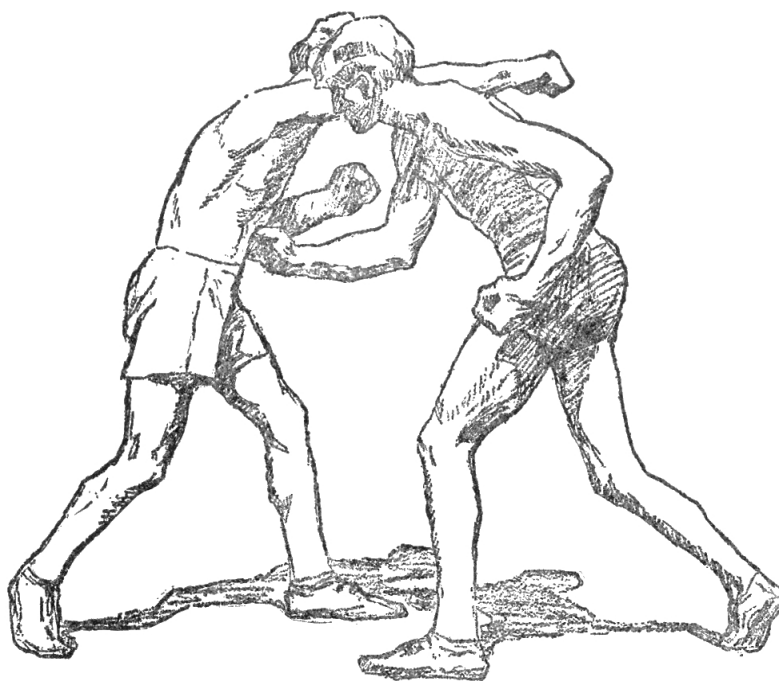


Fig. 22.—Side-Stepping a Straight Right to Head and Countering With Right Hook to Stomach.

that many find difficulty in avoiding, probably for the reason that nearly everybody expects the right to hook or swing. The straight right is illustrated in Fig. 21. The palm is usually turned down more than with the left jab, but as with the jab the effectiveness of the straight right will depend on the speed and snap with which it is delivered. It may be directed at the face or body below the left nipple, the region of the heart.

Fig. 21 also shows a method of blocking this blow with the left forearm which is the left counterpart of the well-known right hand guard described in chapter I. As in the case of the left jab, the straight right when blocked in this way may be countered by jolting the left to the jaw in one movement with that which stops the right.

When directed at the face the straight right may be blocked by the right palm in the same way as illustrated in Fig. 10 for a right cross counter, or like the straight left it may be evaded by side-slipping. Fig. 22 shows how a straight right may be slipped and countered with a right hook to the solar-plexus.

The best block for this blow when directed at the heart is the right glove over that region in the regulation boxing position. See Fig. 1.

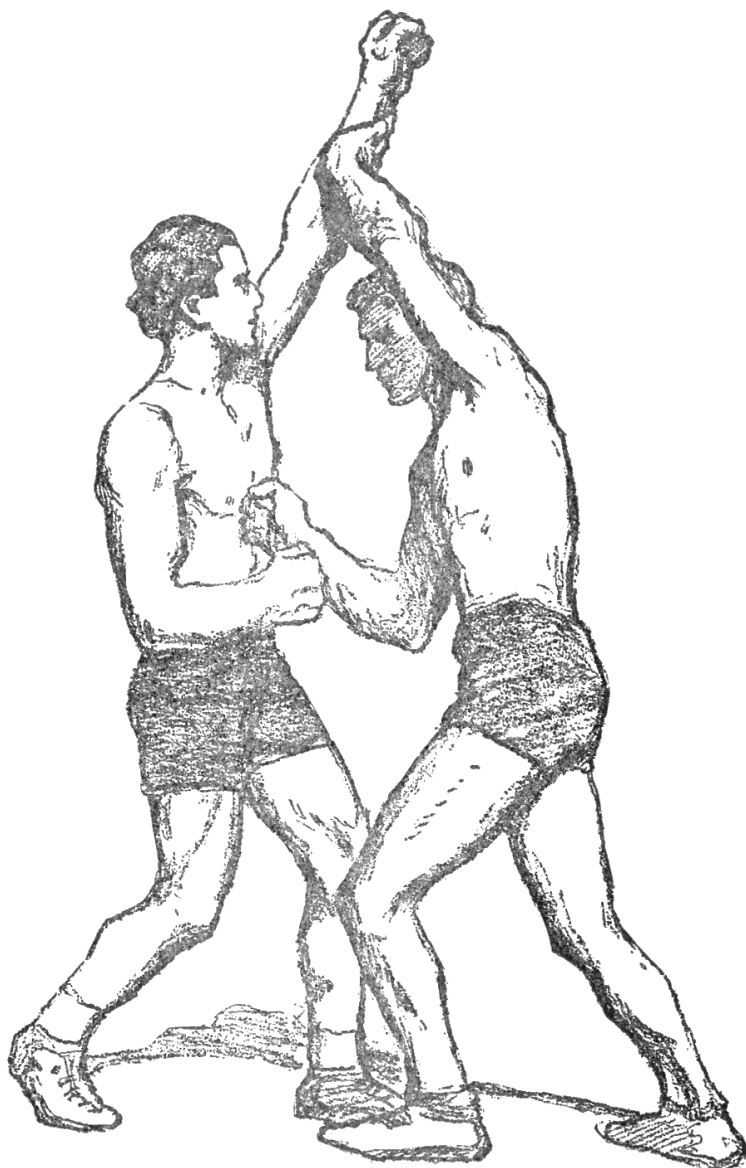


Fig. 23.—Throwing Left Up, Making Opening for Right to Heart.

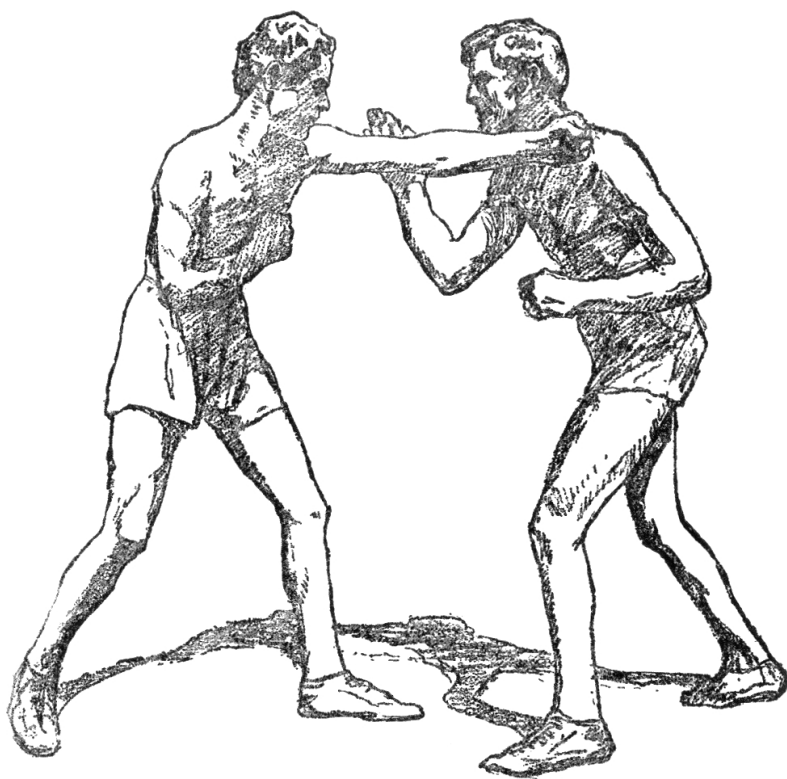


Fig. 24.—Pushing Left Inward With Right Palm.

Another good block is the left arm held firmly over that part of the body. See Fig. 14.

There is another method of dealing with a straight left or a straight right which consists in pushing the blow out of its course. One instance of this is seen in Fig. 23. As the left shoots out it is caught on the defender's upward turned left palm or wrist and thrown sharply up, exposing the heart to a right counter. This block and counter will require a good deal of practice before they can be worked simultaneously, which they should be to be effective. Another is illustrated in Fig. 24. The man on the defensive moves his head to the right, and, at the same time, slaps the others left sharply inward with his right palm or wrist. This leaves him in a position to counter with left to body or chin. The straight right is best used as an alternate punch with the straight left. A volley of well-directed straight right and left punches will usually crumple up the onslaught of the most determined slugger.

The right uppercut, Fig. 25, is, with the exception of the cross counter, the severest blow known to the boxer. It is a sure knockout when landed accurately. The knees are usually slightly bent, and as the body straight-

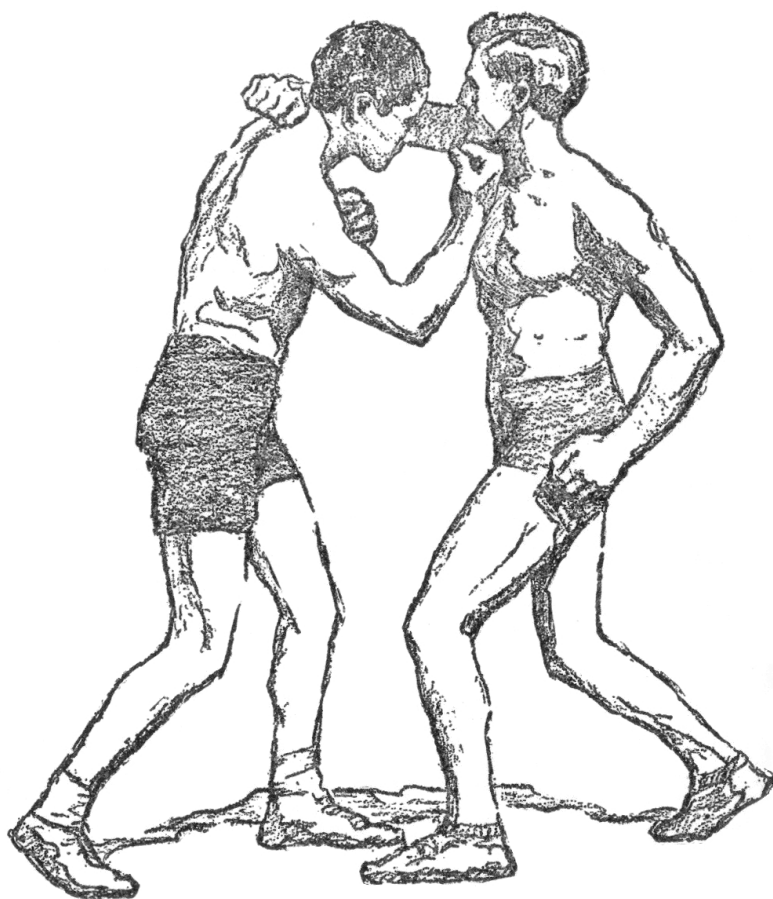


Fig. 25.—The Right Uppercut.

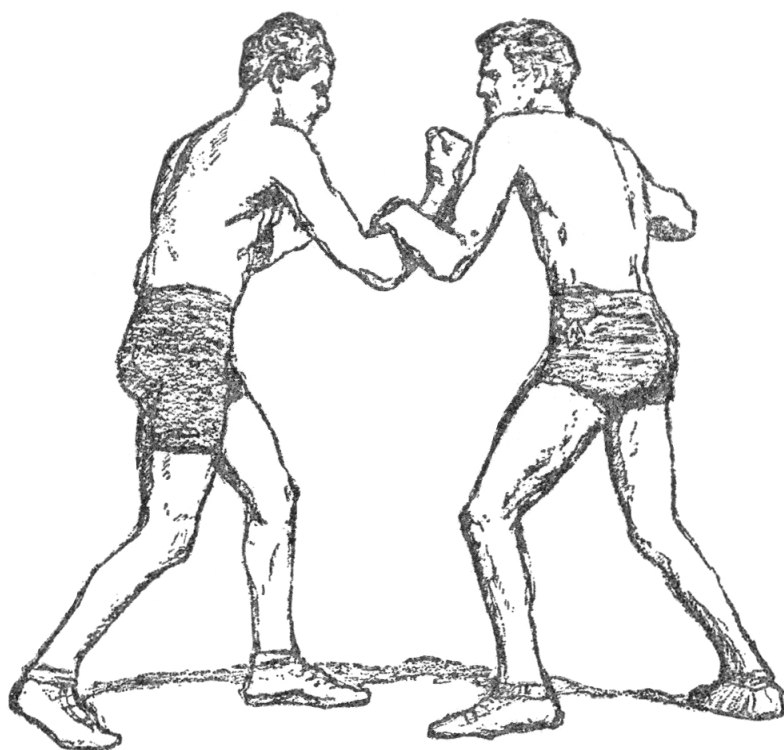


Fig. 26.—Blocking a Right Uppercut With Right Forearm.

ens upward the blow is delivered at close range. It is most effective when employed by a tall man against a shorter opponent.

Probably no legitimate blow is used so much in violation of the rules which call for clean breaking between boxers. Under the rules which provide for a clean break, which are those of the Amateur Athletic Union, and also those under which professional bouts are sanctioned in New York State, a boxer is not permitted to hold with one hand and punch with the other. He may hit only when both hands are free, so that uppercutting when breaking from a clinch, the best opportunity for an uppercut is barred. The device of hooking the left around an adversary's neck, jerking his head down, and uppercutting him with the right is nothing short of a revival of the old London Prize-ring trick of getting a man's head in chancery as it was called, and should mean the instant disqualification of anyone employing it. The right uppercut may be blocked with the right or left palm as is illustrated in Fig. 7, for the left uppercut or with the left forearm as in Fig. 26.

Fig. 27 shows how a right hook or swing may be blocked with the left and countered with a right uppercut. Of course if his left

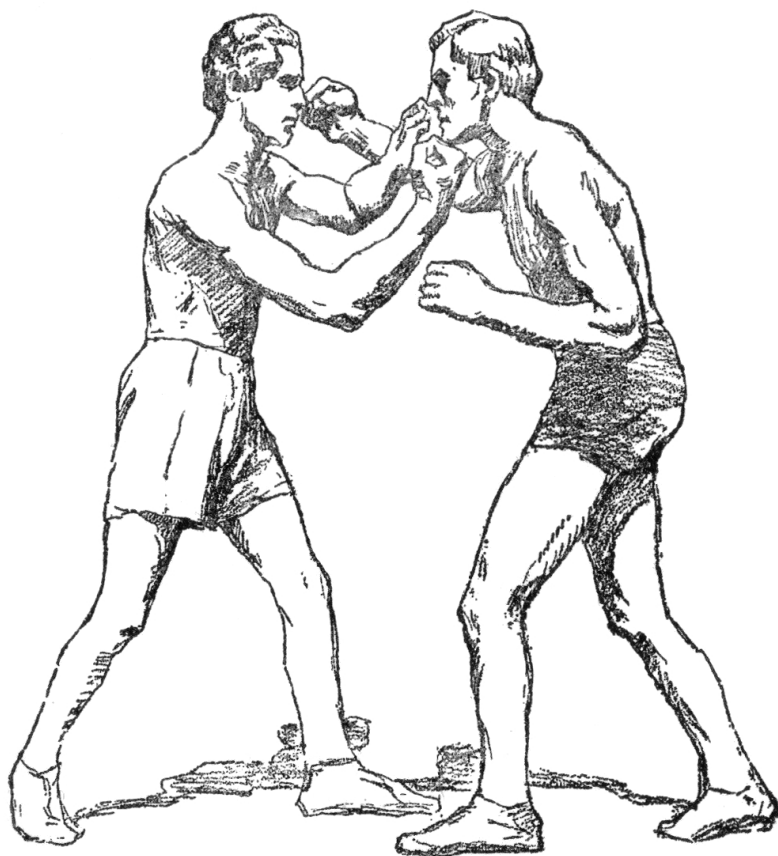


Fig. 27.—Countering a Right Swing With Right Uppercut.

palm was where it ought to be, before his chin, your uppercut will be blocked, in which case you could try for his solar-plexus. It is a fact that few men attempt a swing with either hand except when the free or guarding hand is low. This may be accounted for by the exigencies of balance. Consequently if you can block or make your man miss his swing there is a good chance to counter to face or jaw.

The left uppercut to the jaw has been discussed in chapters I and II. There is a left hook to the jaw, the counterpart of the right hook to that point, delivered with the elbow high. This blow and a block for it are illustrated in Fig. 28. A left hook or swing to the jaw is often followed up so swiftly by a right to the same place that the second punch is on its way before the first one lands, or the right is followed immediately by a left. In the same way a straight punch with either hand is often followed up instantly by a similar punch or a hook from the other hand. These are known as one-two punches, and the effectiveness of the plan of delivering two punches in rapid succession lies in the fact that in blocking the first blow the defender must often expose himself to the second. It is excellent practice for the beginner to arrange with his partner that each

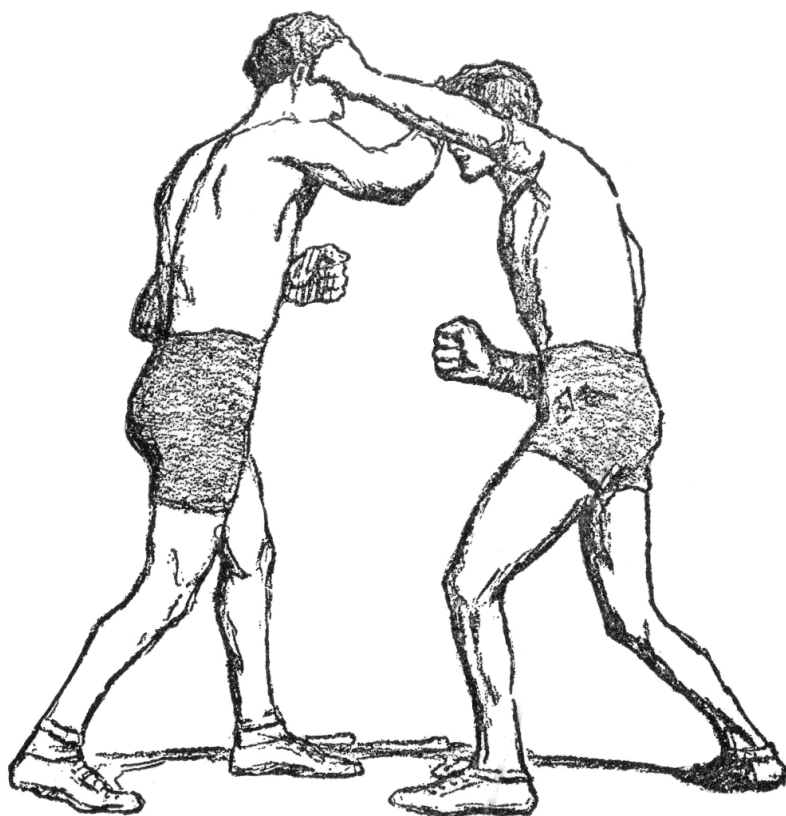


Fig. 28.—Blocking a Left Hook or Swing to Jaw.

in turn shall attempt any combination of one-two leads while the other blocks. Fig. 29 shows a right and left hook delivered in quick succession and both blocked.

The blows and guards so far described are those most in use, and constitute the stock in trade of many masters of the ring, but there are some peculiar ways of delivering them, or exceptional uses to which some of them are put which we will now discuss. The straight left, though essentially a standup blow directed almost always at the face, can by some be used with good effect to the body. The best opportunity to put a straight left to the body is when working in a crouching position. The straight left to the body delivered from a crouch belongs properly to the list of fancy or freak blows, and though not practicable to everyone can be made good use of by the few who are able to deliver a hard punch in this cramped posture. When crouching to use the straight left the body is turned well toward the right, the jaw is protected by the left shoulder, the crouching posture itself being sufficient protection for the body. This blow may be followed up by a right hook or swing to the jaw delivered as the body straightens from the crouch, thus getting great force be-

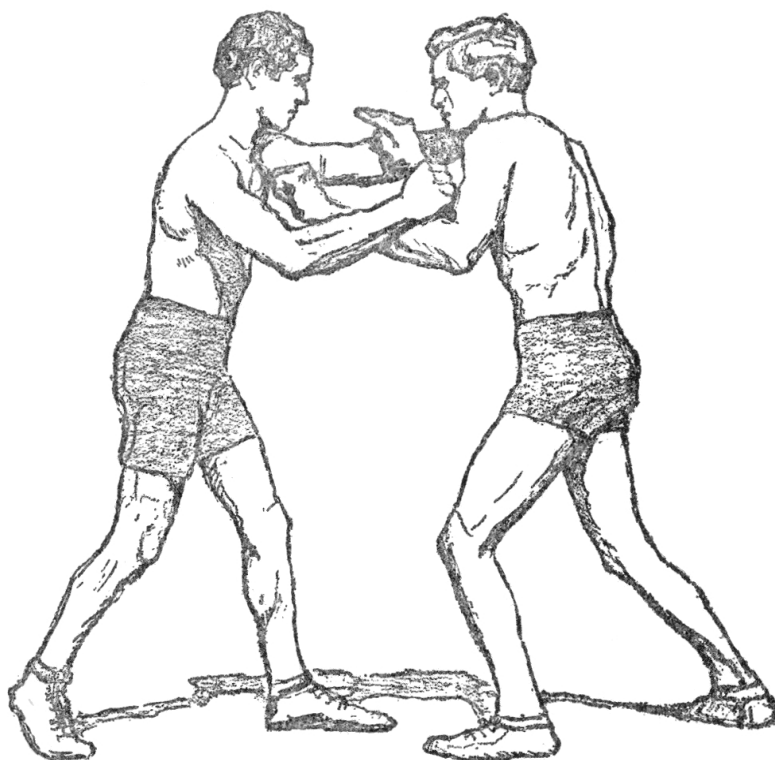


Fig. 29.—Double Block of Right and Left Hooks or Swings Delivered in Quick Succession.

hind it. A good straight left to the body can sometimes be got in when ducking a swing. See Fig. 30. If the swing is with the right, as in the diagram, watch your adversary's reserve hand. Never overlook the reserve hand in any situation.

Freak blows are nothing more than the adaptation of some of the well-known blows to some one man's individuality. The straight left delivered while crouching is associated with the name of James J. Jeffries, formerly heavy-weight champion. Another peculiar use of the straight left was the so-called corkscrew punch made famous by Kid McCoy. It consists in giving the fist a downward twist at the moment of impact. Its effect when employed by McCoy was sufficiently damaging, but this without doubt was owing to some peculiar development of arm or wrist which was his own individual possession, and I have never heard of anyone else doing much with a corkscrew punch. The same may be said of the famous Fitzsimmons shift, a device by which this great fighter slid his right foot forward until it was in advance of the left, just previous to, or at the instant he drove his left hand to the pit of his victim's stomach for his solar-plexus punch. Fitzsimmons could do it and won a

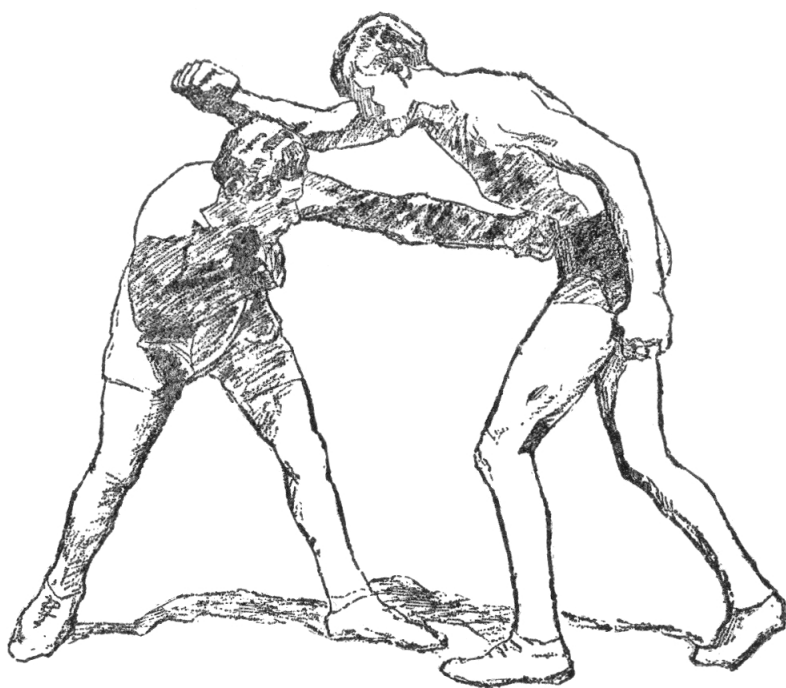


Fig. 30.—The Straight Left Delivered from a Crouching Position.

championship with it, and many have practiced it since, but though the solar-plexus punch is used by many fighters few can work it to advantage in conjunction with the shift.

The backhand punch is used sometimes when a hook or swing has missed the other man's face, passing by in front of it. The fist in such a case may be jerked swiftly backward, landing on the face with the back of the glove. The chop is a blow struck downward to the face with the front of the fist, the second phalanges. When facing a man given to chopping drop your head forward and take the blow on the skull. The most common use of the chop is to the kidneys, when it is known as the kidney punch and is delivered to the small of the back a little to one side, and just above the belt. Under Queensberry rules which permit "one arm free" fighting it was often resorted to in clinches. It is now generally barred in most clubs, as it ought to be. The young boxer should perfect himself in the standard blows and pay little heed to freak and fancy stunts exploited from time to time in the newspapers.

RING TACTICS, FEINTING, SIDE-
STEPPING, CLINCHING, COV-
ERING UP, STALLING,
FOUL TACTICS

CHAPTER IV

RING TACTICS, FEINTING, SIDE-STEPPING,
CLINCHING, COVERING UP, STALLING,
FOUL TACTICS.

EVERY lead your opponent may attempt, every defensive movement of his, necessitates quick thinking and quick action on your part to hold or to turn the advantage to yourself. The methods you will employ to achieve this advantage constitute ring tactics or generalship. A man usually fights in accordance with his build. A tall man with a long reach will favor straight blows and long range boxing. He will make the head his objective and will be dangerous with uppercuts. A stocky, short-armed man will incline to jolts to the body, and will prefer to work in close. Were two such men engaged in a contest it would be the endeavor of each, by feinting and other devices, to have the battle progress along

such lines as would be to his own particular advantage.

Feinting has been mentioned as a valuable feature of ring tactics. Let us consider one or two special instances to illustrate the uses of feinting. You desire an opening, let us say, for a right hook to the jaw. To get this you may make two or three rapid feints with your left at your opponent's face, then lowering your left and stepping in make a vicious play with the same hand for his stomach. The chances are he will think your preliminary feinting was for the purpose of getting him to keep his guard high, and when he sees the punch starting for his solar-plexus his right instinctively will drop to protect it, and though he has his left with which to guard his jaw, his mind for the instant will be occupied with the point threatened and you will have a good chance to get your right hook over. This is the real purpose of feinting; to get your man's mind away from the object you have in view, and any device you may conceive by which you may accomplish your purpose will come under the head of feinting, although you make no pretended movement whatever.

Again let us suppose your object is a right to the jaw. This simple design has been suc-

cessful. Watching your chance and suddenly rushing your man, you hook the left, right, left to his ribs, then swiftly bring the next right up to his jaw. The rapid succession of hooks to his body has diverted his mind to that quarter and the unexpected happens, your right connects with his jaw. Openings for any desired punch can be made by getting your man to make certain leads which can often be done by leaving the point exposed that you want him to lead at.

Sometimes it is good tactics to take a lighter blow for the sake of getting in a heavy one. The man who accepts a jab in exchange for a cross counter or a straight right to the heart is the gainer. Such a blow given in exchange for another constitutes a counter in the strict meaning of the term, but the word is oftener employed to designate a blow given in exchange for an attempted blow. It is not necessary for the attempted blow to actually land, in order to get in the counter.

The favorite point for the knockout punch is the angle of the jaw anywhere from the chin to the ear. A blow on the exact point of the chin is difficult to land. The favorite blow for a knockout is a right swing to the jaw. There is little difficulty in feinting an antagonist into a swing at that susceptible portion of your an-

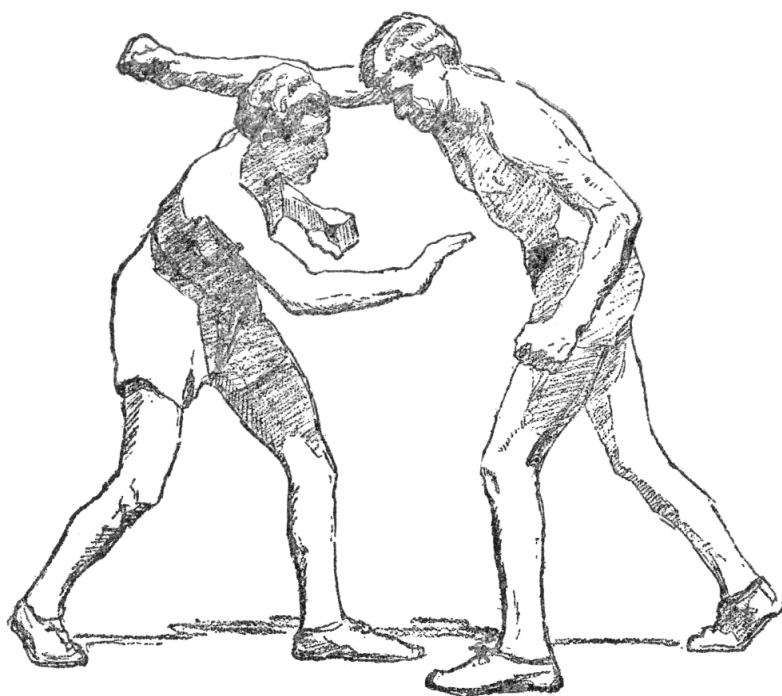


Fig. 31.—Ducking a Right Swing. Ready to Counter with Either Hand.

atomy. Whenever a fighter is given to swinging, and most unskilled men and many boxers, when driven to desperation by rapid jabbing, feinting, and sidestepping take to wild swinging, some fine opportunities for damaging counters result. Ducking is generally a risky procedure, but some telling counters can be worked in conjunction with ducking swings for the head.

Do not duck without having one glove before your face, in readiness for an uppercut. Fig. 31 shows a right swing ducked and leaving a good chance for a counter with either hand. The hand to look out for in this instance is your rival's left. If you are speedy you may pin his left against his body with your right while you land on his short ribs with the left, or you may protect your face with your left, and straightening up inside his right, hook your own right to the jaw. Fig. 32 shows a safe duck, that to the right under a left swing. Hook your left to his stomach, making the duck and hook simultaneously. You may follow this by sending your right to his ribs.

Compare the situation of the man ducking in Fig. 32 with that in Figs. 30 and 31. In the two latter instances he has to be very wary when straightening up. He may perhaps have

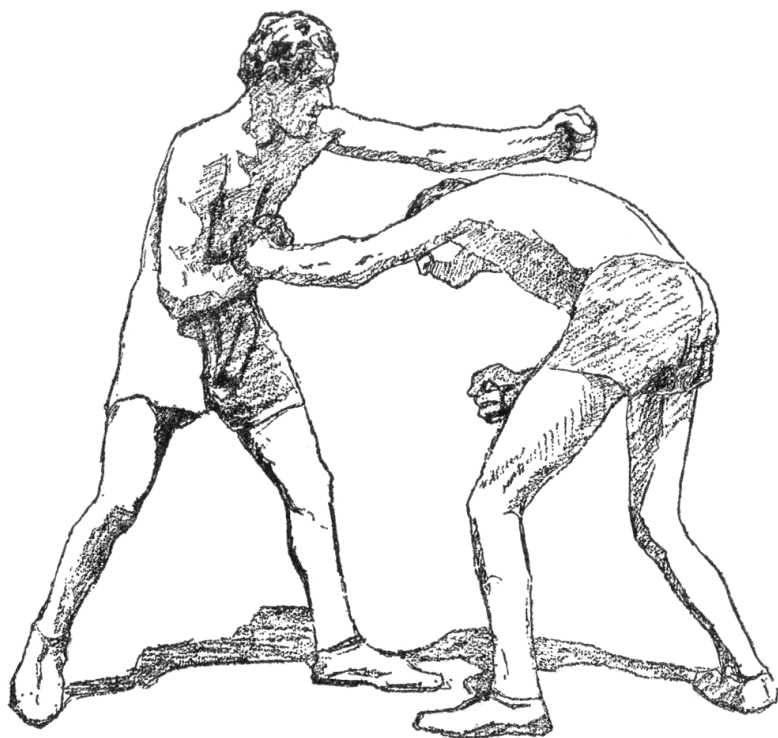


Fig. 32.—Ducking a Left Swing and Countering with Left to Stomach.

to spring back or duck in closer and clinch. In Fig. 32 he is better situated. He may take a step forward and come up outside the swinger's left, and at the same time get in a stiff right hook to the body. The man who has missed the swing must perform some rapid thinking and acting to get himself out of trouble. If he is quick enough he may step back and uppercut, if not, it will be his cue to do the clinching.

Akin to the ducking of swings is the device of stepping inside them. This method is in reality safer than ducking and affords equally good chances to counter. When a man swings with his right, his right side is thrown forward with the action, and if the swing be directed at the jaw a good opening is left for the delivery of a hard left hook to the ribs. the force of the counter being doubled by meeting the swinger's forward movement midway. See Fig. 33. Similarly when he swings for the head with his left an opportunity is made to step inside his swing, at the same time jolting him solidly with a right hook to the short ribs or heart.

When fighting a more skillful man than yourself or one who possesses the advantages of reach or speed over you, especially if the

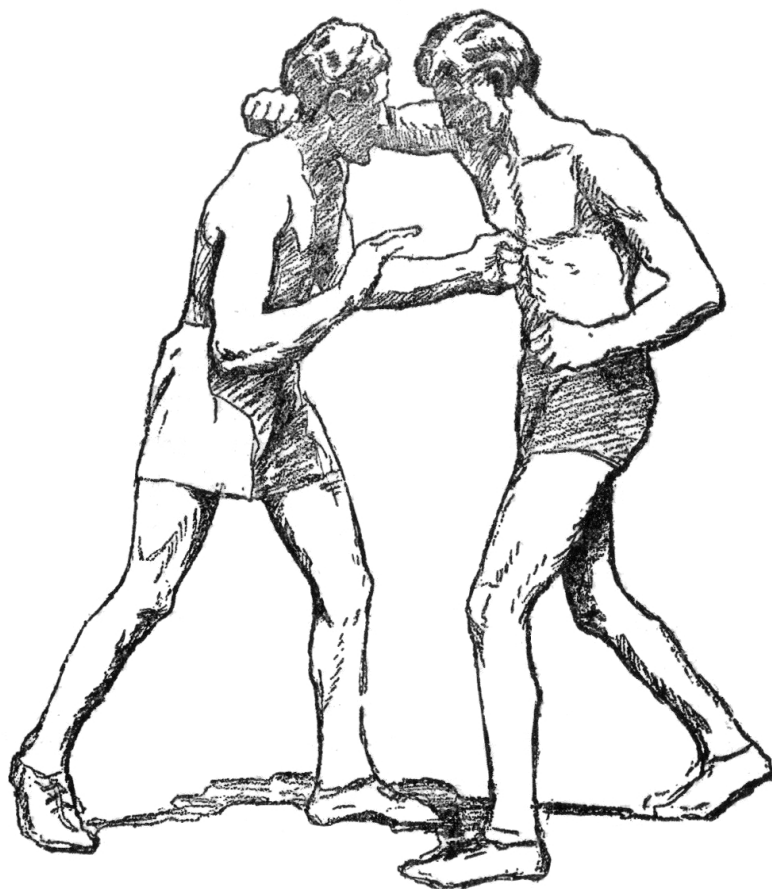


Fig. 33.—Stepping Inside a Right Swing and Countering with Left to Body.

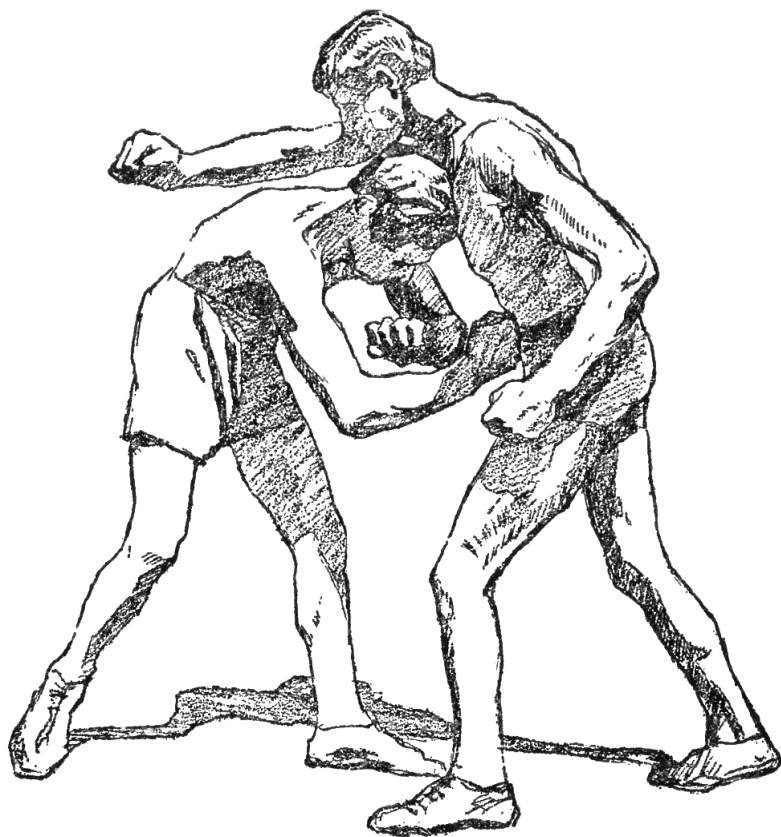


Fig. 34.—In-fighting.

advantage of weight be on your side, it is often good tactics on your part to work in close, to resort to in-fighting, or mixing, as it is called. Duck under a lead or take a jab if need be, to get in close. Once in, you may press your head against his chest while you play both hands to his body. Your face will be comparatively safe, as it is too close to your man for him to get in a good uppercut, besides, your own hands are in his way. See Fig. 34. If you force him on the ropes in this way don't let up in your activities; the ropes will help you, especially if you get him bent backward over them. Keep crowding him and you may get a chance to straighten up and shift your attack to his jaw.

When you find yourself being worked toward the ropes or into a corner you may extricate yourself by sidestepping, by a simple step to right or left unless your man is too near to you, in which case you must take a step backward first, as was explained in chapter I, and is illustrated in Fig. 35.

If you are not quick enough to get out of danger by foot-work you may be forced to clinch, and hold until ordered to break by the referee. When boxing under rules that require clean breaking, that forbid holding with

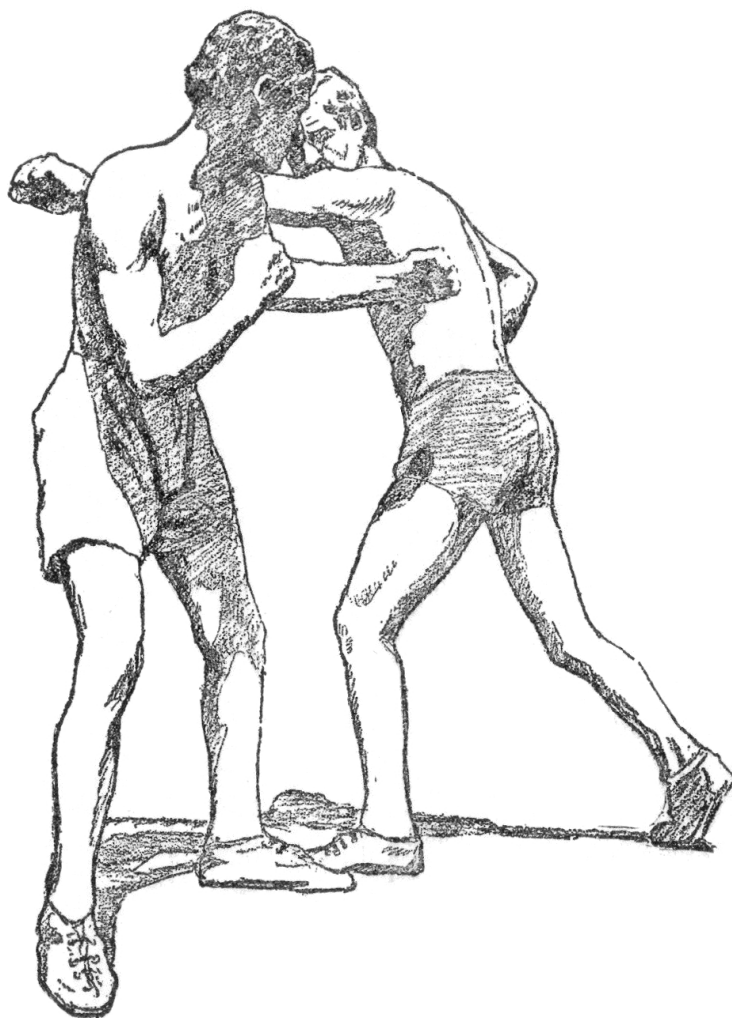


Fig. 35.—Side-stepping.

one hand and hitting with the other, there is no risk in coming out of a clinch, but when boxing under "one arm free" rules which allow hits with one free hand, great care must be exercised to keep your hold on your adversary's hands until you are well back. This can be done by working your pinioning arms down his until you have both his hands secure by the gloves or wrists, when you can suddenly throw them wide and step back.

It may happen at times that you are being severely punished and are unable to get a chance to clinch. Your only recourse then is to cover up. This is done by stooping and crossing the arms over the body, the elbows protecting the stomach, while the heart and ribs are covered by the arms and forearms, and the face by the gloves. See Fig. 36. With the slightest movement of the arms every vital part is safe as a turtle in its shell, but only a losing man will be driven to such an expedient. When boxing with a man who persistently covers up an opening can sometimes be made by pulling his hand violently down, but don't omit to protect yourself while doing so. His attitude may be a ruse.

Holding an opponent, clinching, covering up, the persistent use of defensive tactics, or such

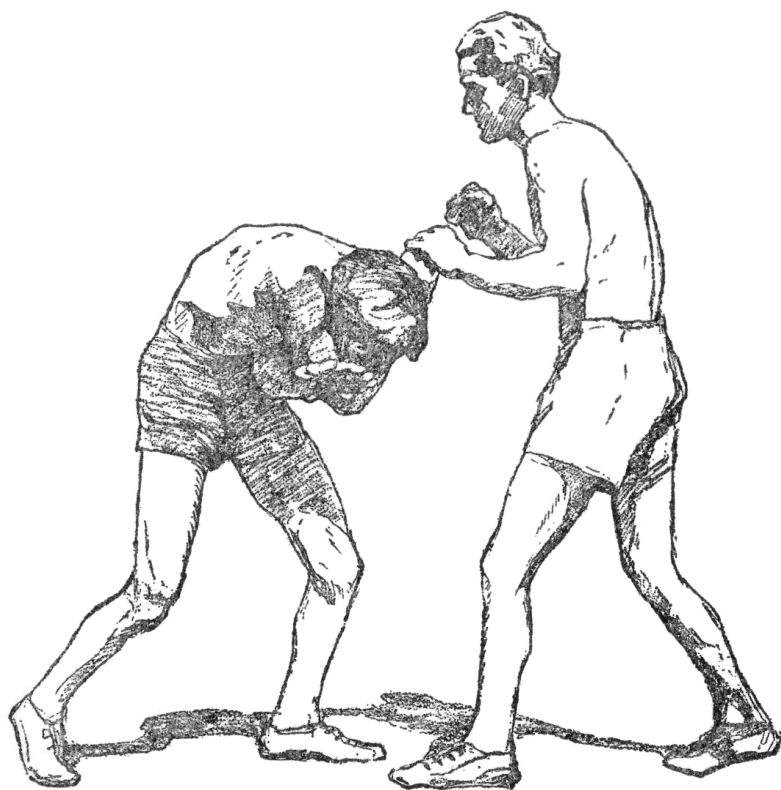


Fig. 36.—Covering Up.

as tend to prolong a bout, without attempting, or giving your rival a chance to win decisively, are characterized as stalling, and the fact that a man stalls is rightly interpreted as proof of his inferiority to his opponent.

Some boxers finding themselves on the losing side resort to tactics more reprehensible than those mentioned above. These consist in the use of blows and methods proscribed by the rules, some of them such as might seriously injure an opponent. Holding and hitting in the clinches are the least objectionable methods of fouling, because under some rules they are quite legitimate, and a boxer in the excitement of a contest may be excused if he forgets sometimes. A common method of holding is the securing of a rival's glove between the arm and body, or the pinning of it against his own body, and a blow commonly used in a clinch is the uppercut or hook to the jaw got in when breaking from the clinch. Hitting below the belt, hitting a man when down, butting, striking with the elbows, forearm, or shoulder, using the "heel" of the glove, breaking the gloves, that is working the padding off the knuckles, pressing the glove over an opponent's mouth and shoving his head back are fouls according to all rules. No fair fighter will employ such

tactics, but every boxer should know how foul tricks are worked and how to meet them. Some are of such a nature that you can't be prepared for them, such as being hit low, or when down, but others can be offset by the ordinary precautions of defense.

A man who butts often does so when in close and low, as in in-fighting, when suddenly straightening up he meets your face or chin with his head, but a boxer who knows his business could seldom be caught with his face so exposed. One glove would be between it and any blow, whether with head or fist. The elbow is oftenest used when a swing has been missed, when the bent arm is brought back so as to strike the other's face, as in the case of the back hand blow already mentioned. If a man is on the alert such a blow ought to be more difficult to get in than a legitimate blow with the hand.

Sometimes a foul fighter will swing his straightened arm like a club, landing with the back of the forearm or with the wrist across an adversary's neck. Such a blow can be dealt with like any other swing. A foul fighter can deal a terrific blow with his shoulder. From a semi-crouching position he hurls himself forward and upward, at the same time throwing

his shoulder into your chest. If he gets his whole weight into his effort and his shoulder strikes you over the heart the fight will end then and there, but if you have your guard across your body the worst that can happen to you is to be thrown off your feet. A man will not attempt such a trick with a fast side-stepper, The chances are too good that he would pitch himself to the floor, or headlong through the ropes.

TRAINING

CHAPTER V

TRAINING

NO one can hope to excel as a boxer whose life is not of the cleanest, or whose habits are irregular. Indulgence in even the milder forms of dissipation, such as late hours, smoking, especially cigarettes, and in beer, coffee, and indigestible articles of diet will be detrimental.

Beef and mutton are the best meats for training on. Eggs are good for those who can assimilate them. Butter, sweets, and starchy foods should be used sparingly by those who readily accumulate excess weight. Acid fruits, such as oranges and grapes, are better than liquids for anyone who has difficulty in making weight.

Many boxers, especially those in the lighter weight classes among amateurs, are inclined to go to extremes in weight reduction. Professionals, as a rule, know to an ounce just what weight they can reduce to and still retain their

speed and strength. The young man who lives an active life ought in midsummer to be near his best fighting weight without training. The boy who weighs say 145 pounds in summer, when his weight is at its lowest yearly mark, and who is fairly lean and fit at that weight makes a mistake in trying to reduce to 135 pounds for a contest. He will be stronger, quicker, and will fight better at 140 pounds and will make a better showing against a good man at that weight than he will by entering the 135 pound class after severe weight-reducing measures. A few excess pounds to train on are necessary, but when he goes beyond that, he is sapping his strength.

Reducing by the help of Turkish baths, and by drying out, which latter is done by cutting down liquids to a minimum, are harmful in the end. When your weight rebounds soon afterward to what it was before your violent reduction exercises you may know you are below your limit.

Road-work, that is running and walking for miles over the country roads, usually clad in heavy sweaters, is the most common exercise among professional fighters for taking down weight. It is a good method too, but no better than playing a fast game of tennis or handball,

or any other lively out-door game. Indeed when training can be made more of a sport and less of a routine it is better. Baseball and soccer football are excellent methods of training. The fault some find with these is that they don't reduce you quickly enough, which is not a fault, but a virtue.

Many young fellows have the idea that the best equipment for a boxer is ponderous strength, especially of the arms and shoulders, and they go in for heavy gymnasium work with that end in view. This sort of training will soon rob them of that suppleness and looseness of limb which is their best asset. Strength is essential, of course, but it is such strength as gives speed and endurance rather than the ability to lift weights or break chains. The best training for the would-be boxer is boxing, plenty of it. In this way only can he acquire that fine perception of distance and time, together with the ability to send in a stiff punch from any angle so necessary to the man who would excel or attain more than mediocre skill in this branch of athletics.

Exercises that develop speed and precision and ease of movement, such as bag punching and skipping the rope, are beneficial. Punching the dead bag, throwing the medicine ball,

and roughing it with your partner are sufficient for heavy work, and bending exercises for the stomach are necessary. The stomach is the one region where the boxer can afford to be muscle-bound. Shadow boxing, that is going through the movements of boxing without a partner, is good training. I am not a strong advocate of breathing exercises. I believe in taking such exercises as tax one's breathing, wind, as we say, and to breathe deeply while taking them. As to breathing through the nostrils, if you can get sufficient air into your lungs through your nostrils alone so much the better, for then you get filtered air, but most athletes when hard taxed resort to breathing through the mouth as well.

After exercises that induce a free flow of perspiration, a bath in water about the same temperature as the body, followed by a shower in water sufficiently cold to close the pores of the skin is necessary, especially in cold weather. In summer training exercises and bathing can be combined in a good swim. When there is any stiffness, or the likelihood of stiffness, massage is beneficial, but the excessive use of alcohol in rub-down liniments is not to be recommended. A little witch-hazel or wintergreen oil is usually sufficient.

APPENDIX

APPENDIX

TRAINING RULES

Marquis of Queensberry Rules

1. To be a fair stand-up boxing match in a twenty-four-foot ring, or as near that size as practicable.

2. No wrestling or hugging allowed.

3. The rounds to be of three minutes' duration, and one minute time between rounds.

4. If either man fall, through weakness or otherwise, he must get up unassisted, ten seconds to be allowed him to do so, the other man meanwhile to return to his corner, and when the fallen man is on his legs the round is to be resumed and continued until the three minutes have expired. If one man fails to come to the scratch in the ten seconds allowed, it shall be in the power of the referee to give his award in favor of the other man.

5. A man hanging on the ropes in a help-

less state, with his toes off the ground, shall be considered down.

6. No seconds or any other person to be allowed in the ring during the rounds.

7. Should the contest be stopped by any unavoidable interference, the referee to name time and place, as soon as possible, for finishing the contest; so that the match must be won and lost, unless the backers of both men agree to draw the stakes.

8. The gloves to be fair-sized boxing-gloves of the best quality, and new.

9. Should a glove burst or come off, it must be replaced to the referee's satisfaction.

10. A man on one knee is considered down, and if struck is entitled to the stakes.

11. No shoes or boots with springs allowed.

12. The contest in all other respects to be governed by revised rules of the London Prize Ring.

"POLICE GAZETTE"

REVISED QUEENSBERRY RULES

RULE 1—The weights for all pugilists who contend in glove contests, according to the "Police Gazette" boxing rules, shall be as

follows :—For heavyweights, over 158 lbs., middle, under 158 lbs., and over 140 lbs., light, under 140 lbs.

RULE 2—All contests to be decided in a twenty-four foot ring, which must be erected on the ground or stage.

RULE 3—No wrestling or hugging allowed. The rounds to be of three minutes' duration and one minute time.

RULE 4—Each contestant shall select an umpire, and they shall appoint a referee.

RULE 5—In all contests two time-keepers shall be appointed, and the referee, under no circumstances, shall keep time.

RULE 6—During the contest, if either man fall, through weakness or otherwise, he must get up unassisted, ten seconds being allowed him to do so, the other man meanwhile to retire to his corner, and when the fallen man is on his legs the round is to be resumed and continued until the three minutes have expired; and if one man fails to come to the scratch in the ten seconds allowed, it shall be in the power of the referee to give his award in favor of the other man.

RULE 7—A contestant hanging on the ropes in a helpless state, with his toes off the ground, shall be considered down. No seconds, or any

other person but the referee to be allowed in the ring.

RULE 8—Should the contest be stopped by any unavoidable interference, the referee, if appointed, or else the stakeholder, shall name the next time and place for finishing the contest, as soon as possible, so that the match must be either won or lost.

RULE 9—When either pugilist is knocked down within the allotted three minutes, he shall be allowed ten seconds to get on his feet again unassisted, except when this occurs in the last ten seconds.

RULE 10—One minute's rest shall be allowed between each round; and no wrestling, roughing or struggling on the ropes shall be permitted.

RULE 11—The gloves to be fair-sized boxing gloves, of the best quality and new. Should a glove burst or come off, it must be replaced to the referee's satisfaction. A man on one knee is considered down, and if struck, is entitled to the stakes. No shoes or boots with spikes allowed.

RULE 12—In all matches the stakes not to be given up until won or lost by a fight. That if a man leaves the ring, either to escape punishment or for any other purpose, without the

permission of the referee, unless he is involuntarily forced out, shall forfeit the battle.

RULE 13—That any pugilist voluntarily quitting the ring, previous to the deliberate judgment of the referee being obtained, shall be deemed to have lost the fight.

RULE 14—That the seconds shall not interfere, advise or direct the adversary of their principal, and shall refrain from all offensive and irritating expressions, in all respects conducting themselves with order and decorum, and confine themselves to the diligent and careful discharge of their duties to their principals.

RULE 15—If either man shall wilfully throw himself down without receiving a blow, whether blows shall have been previously exchanged or not, he shall be deemed to have lost the battle; but that this rule shall not apply to a man who, in a close, slips down from the grasp of an opponent to avoid punishment or from obvious accident or weakness. The battle-money shall remain in the hands of the stakeholder until fairly won or lost by a fight, unless a draw be mutually agreed upon, or in case of a postponement one of the principals shall be absent, when the man in the ring shall be awarded the stakes.

RULE 16—In contests in which contestants

agree to box four, six or a stipulated number of rounds, the referee shall have full power to order the men to continue, if it has not been decided during the four, six or number of rounds stipulated by one or the other of the pugilists stopping, losing by a foul or being beaten.

AMATEUR ATHLETIC UNION RULES

1. —In all open competitions the ring shall not be less than 16 feet or more than 24 feet square, and shall be formed of 8 stakes and ropes, the latter extending in double lines, the uppermost line four feet from the floor and the lower line two feet from the floor.

2. —Competitors to box in regulation athletic costume, in shoes without spikes, or in socks, and to use boxing gloves of not more than 8 ounces in weight.

3. —Weights to be: Bantam, 105 lbs. and under; Feather, 115 lbs. and under; Light, 135 lbs. and under; Middle, 158 lbs. and under; Heavy Weight, 158 lbs., and over.

4. —Any athlete who weighs in and then fails to compete, without an excuse satisfactory to the Games Committee, shall be suspended for six months.

5. —In all open competitions the result shall be decided by two judges with a referee. A time-keeper shall be appointed.

6. —In all competitions the number of rounds to be contested shall be three. The duration of rounds in the trial bout shall be limited to three minutes each. In the “finals,” the first two rounds will be three minutes each, and the final round four minutes. The interval between each round shall be one minute.

7. —In all competitions, any competitor failing to come up when time is called shall lose the bout.

8. —Immediately before the competition each competitor shall draw his number and compete as follows: To have a preliminary round of as many contests as the total number of contestants exceeds 2, 4, 8, 16, or 32 and drop the losers. This leaves in 2, 4, 8, 16, or 32 contestants, and the rounds then proceed regularly, with no byes or uneven contests.

9. —Each competitor shall be entitled to the assistance of one second only, and no advice or coaching shall be given to any competitor by his second, or by any other person during the progress of any round.

10.—The manner of judging shall be as follows: The two judges and referee shall be

stationed apart. At the end of each bout, each judge shall write the name of the competitor who in his opinion has won and shall hand the same to the announcer (or master of ceremonies). In case the judges agree, the master of ceremonies shall announce the name of the winner, but in cases where the judges disagree, the master of ceremonies shall so inform the referee, who shall thereupon himself decide.

11.—The referee shall have power to give his casting vote when the judges disagree, to caution or disqualify a competitor for infringing rules, or to stop a round in the event of either man being knocked down, providing that the stopping of either of the first two rounds shall not disqualify any competitor from competing in the final round; to decide the competition in the event of either man showing so marked a superiority over the other that a continuation of the contest would serve only to show the loser's ability to take punishment. And the referee can order a further round, limited to two minutes, in the event of the judges disagreeing.

12.—The decision of the judges or referee, as the case may be, shall be final.

13.—In all competitions the decision shall be given in favor of the competitor who dis-

plays the best style, and obtains the greatest number of points. The points shall be: For attack, direct clean hits with the knuckles of either hand, on any part of the front or sides of the head, or body above the belt; defense, guarding, slipping, ducking, counter-hitting, or getting away. Where points are otherwise equal, consideration to be given the man who does most of the leading off.

14.—The referee may disqualify a competitor who is boxing unfairly, by flicking or hitting with the open glove, by hitting with the inside or butt of the hand, the wrist, or elbow, hitting or catching hold below the waist, or hitting when down (one knee and one hand or both knees on the floor), butting with the head or shoulder, wrestling or roughing at the ropes, using offensive scurrilous language, or not obeying the orders of the referee.

15.—All competitors who have been beaten by the winner shall be entitled to compete for second place, and all who have been beaten by the winners of either first or second place shall be entitled to compete for third place.

16.—Any athlete who competes in a boxing contest of more than four rounds shall be suspended for such stated period as may be determined by the Board of Managers of the as-

sociation of the A. A. U. in whose territory the offense was committed.

17.—In the event of any question arising not provided for in these rules, the referee to have full power to decide such question or interpretation of rule.

RULES AND REGULATIONS FOR THE GOVERN-
MENT OF BOXING IN THE STATE
OF NEW YORK.

Accepted by the New York State Athletic
Commission, December 24, 1912.

PART II
Rules Governing the Contest
BOXING RING

1. The boxing ring shall not be less than 16 feet nor more than 24 feet square. The floor of the ring shall extend beyond the lower rope for a distance of not less than three feet.

Posts must be properly padded, and the ring floor padded with felt or other soft material not less than one inch in thickness, under a proper covering.

2. The scale of weights shall be:

	Pounds
Paperweight.....	108
Bantamweight.....	115
Featherweight.....	125
Lightweight.....	135
Welterweight.....	145
Middleweight.....	158
Commission.....	175
Heavy.....	all over

Weighing in to be done at ringside.

3. The chief official of the boxing match or exhibition shall be the referee.

4. The referee shall be appointed by the Commission, and shall receive from the Commission a card authorizing him to act as such referee, and no club shall employ or permit anyone to act as referee, excepting those holding such card of authorization from the Commission.

5. The referee shall have general supervision and control over the match or exhibition, and shall take his position within the ring.

6. No decision shall be rendered by the referee. A decision may be given in amateur tournaments pursuant to the authority and jurisdiction of the Amateur Athletic Union.

7. The referee shall, before starting the match or exhibition, ascertain from each contestant the name of his chief second, and shall hold said chief second responsible for the conduct of the other seconds during the progress of the contest, and shall, prior to the contest,

instruct the contestants concerning the Commission rules.

8. Contestants must box in proper athletic costume, including protection cup.

9. Contestants may learn the name of the official referee of the club before whom they are to compete, by application to the Secretary of the Commission. If said contestants are not satisfied with the official referee they must notify the Secretary of the Commission in writing, forty-eight hours prior to the match or exhibition, and in case of failure to do so, they must submit to the jurisdiction of the club referee.

10. All matches or exhibitions in which more than two principals appear in the ring at the same time, commonly called a "battle royal" exhibition, are forbidden.

11. No two same men shall box or spar more than ten rounds in the same ring on the same day.

12. All clubs and contestants must enter into written contracts, which contracts shall be executed in duplicate, each party holding one.

13. Clubs must not wilfully violate or break contracts properly consummated between club and boxer.

14. Boxers or contestants must not wilfully

violate or break contracts properly consummated between boxer and club.

15. In all matches or exhibitions not more than four seconds shall attend or assist a contestant, and the official referee shall enforce said rule.

16. There shall be no coaching by the seconds or any other person, and the seconds must remain seated during contest, and must not rise from their seats until the bell announces the termination of the round.

17. Contestants in all exhibitions shall weigh in just before entering the ring, in the presence of the inspector and club representative, regardless of private agreements concerning match.

18. Chief or main match or exhibition shall commence not later than ten P. M. The club must select from the various contests the chief or main match or exhibition.

19. The kidney punch or blow shall be forbidden in all contests.

20. Contestants shall break clean, and must not strike a blow while breaking from clinches. Contestants must not hold and hit. Butting with head or shoulder, wrestling or clinching, or illegal use of elbows, shall not be allowed. There shall be no unsportsmanlike conduct on

the part of the contestants. This shall include the use of abusive or insulting language.

21. The referee must stop the contest when either contestant shows marked superiority, or is apparently outclassed. If contestant falls through weakness or is knocked down, he must get up unassisted, ten seconds being allowed him to do so,—the other man in the meantime must return to his corner.

22. Each glove shall weigh at least five ounces, and shall be new. No gloves shall be used except those handed to the contestants by the referee. The gloves must not be twisted or in any way manipulated. In case a glove shall break or come off during the contest, the referee shall order time taken out while a new glove is being adjusted.

23. Only soft cotton or linen bandages shall be used, and all bandages shall be subject to the approval of the referee. Hard bandages, or substances of any kind, being prohibited.

24. The length of the match or exhibition shall be not more than ten rounds. Each round shall be limited to a three minute period. There shall be one minute intermission between each round.

25. No person under eighteen years of age

shall be permitted to participate in any contest or exhibition.

26. Each contestant must be examined prior to entering the ring, by a physician who has been licensed to practice in the State of New York for not less than five years. The physician shall certify in writing, over his signature, as to contestant's physical condition to engage in such contest. And said physician shall be in attendance during contest, prepared to deal with any emergency which may arise. Said physician shall file said report of examination with the commission within a period of twenty-four hours after the contest. Blank forms of physician's reports may be had at the Commission's office, and all questions must be answered in full.

27. No person other than the contestants and the referee shall, during the progress of the contest, enter the ring.

28. If a main match or exhibition is stopped by the referee, or by a member of the State Athletic Commission, or the Secretary of the Commission, for an infraction of the rules of the Commission or for a violation of the provisions of chapter 779 of the laws of 1911, the club shall hold all box office receipts of said match or exhibition for a period of forty-eight

hours, pending the decision of the Commission.

29. No boxer shall be permitted to contest against an opponent ten pounds heavier than himself, in the light weight class or under said class.

30. Any questions arising, not provided for in these rules, the referee shall have power to decide such question or interpretation of rules.

31. All persons attending a sparring match or exhibition, shall behave in a gentlemanly and sportsmanlike manner.

32. No officer or stockholder of any club, corporation or association shall officiate in any capacity at any boxing or sparring match or exhibition or interfere in any way with the contestants.

33. If any case occurs which is not or which is alleged not to be provided for by these rules, it shall be determined by the members of the New York State Athletic Commission in such manner as they think just and conformable to the usages and the best interests of boxing.

THE END

OUTING

HANDBOOKS

The textbooks for outdoor work and play

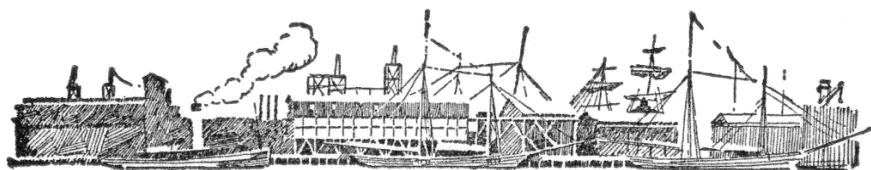
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THE NUMBERS MAKE ORDERING EASY.

1. EXERCISE AND HEALTH, by Dr. Woods Hutchinson. Dr. Hutchinson takes the common-sense view that the greatest problem in exercise for most of us is to get enough of the right kind. The greatest error in exercise is not to take enough, and the greatest danger in athletics is in giving them up. He writes in a direct matter-of-fact manner with an avoidance of medical terms, and a strong emphasis on the rational, all-round manner of living that is best calculated to bring a man to a ripe old age with little illness or consciousness of bodily weakness.



2. **CAMP COOKERY**, by Horace Kephart. "The less a man carries in his pack the more he must carry in his head," says Mr. Kephart. This book tells what a man should carry in both pack and head. Every step is traced—the selection of provisions and utensils, with the kind and quantity of each, the preparation of game, the building of fires, the cooking of every conceivable kind of food that the camp outfit or woods, fields or streams may provide—even to the making of desserts. Every recipe is the result of hard practice and long experience.



3. **BACKWOODS SURGERY AND MEDICINE**, by Charles S. Moody, M. D. A handy book for the prudent lover of the woods who doesn't expect to be ill but believes in being on the safe side. Common-sense methods for the treatment of the ordinary wounds and accidents are described—setting a broken limb, reducing a dislocation, caring for burns, cuts, etc. Practical remedies for camp diseases are recommended, as well as the ordinary indications of the most probable ailments. Includes a list of the necessary medical and surgical supplies.

4. **APPLE GROWING**, by M. C. Burritt. The various problems confronting the apple grower, from the preparation of the soil and the planting of the trees to the marketing of the fruit, are discussed in detail by the author. Chapter headings are:—The Outlook for the Growing of Apples—Planning for the Orchard—Planting and Growing the Orchard—Pruning the Trees—Cultivation and Cover Cropping—Manuring and Fertilizing—Insects and Diseases Affecting the Apple—The Principles and Practice of Spraying—Harvesting and Storing—Markets and Marketing—Some Hints on Renovating Old Orchards—The Cost of Growing Apples.

5. **THE AIREDALE**, by Williams Haynes. The book opens with a short chapter on the origin and development of the Airedale, as a distinctive breed. The author then takes up the problems of type as bearing on the selection of the dog, breeding, training and use. The book is designed for the non-professional dog fancier, who wishes common sense advice which does not involve elaborate preparations or expenditure. Chapters are included on the genre of the dog in the kennel and simple remedies for ordinary diseases.

6. THE AUTOMOBILE—Its Selection, Care and Use, by Robert Sloss. This is a plain, practical discussion of the things that every man needs to know if he is to buy the right car and get the most out of it. The various details of operation and care are given in simple, intelligent terms. From it the car owner can easily learn the mechanism of his motor and the art of locating motor trouble, as well as how to use his car for the greatest pleasure. A chapter is included on building garages.

7. FISHING KITS AND EQUIPMENT, by Samuel G. Camp. A complete guide to the angler buying s. new outfit. Every detail of the fishing kit of the freshwater angler is described, from rodtip to creel, and clothing. Special emphasis is laid on outfitting for fly fishing, but full instruction is also given to the man who wants to catch pickerel, pike, muskellunge, lake-trout, bass and other freshwater game fishes. Prices are quoted for all articles recommended and the approved method of selecting and testing the various rods, lines, leaders, etc., is described.



8. THE FINE ART OF FISHING, by Samuel G. Camp. Combine the pleasure of catching fish with the gratification of following the sport in the most approved manner. The suggestions offered are helpful to beginner and expert anglers. The range of fish and fishing conditions covered is wide and includes such subjects as "Casting Fine and Far Off," "Strip-Casting for Bass," "Fishing for Mountain Trout" and "Autumn Fishing for Lake Trout." The book is pervaded with a spirit of love for the streamside and the out-doors generally which the genuine angler will appreciate. A companion book to "Fishing Kits and Equipment." The advice on outfitting so capably given in that book is supplemented in this later work by equally valuable information on how to use the equipment.

9. THE HORSE—Its Breeding, Care and Use, by David Buffum. Mr. Buffum takes up the common, every-day problems of the ordinary horse-users, such as feeding, shoeing, simple home remedies, breaking and the cure for various equine vices. An important chapter is that tracing the influx of Arabian blood into the English and American horses and its value and limitations. Chapters are included on draft-horses, carriage horses, and the development of the two-minute trotter. It is distinctly a sensible book for the sensible man who wishes to know how he can improve his horses and his horsemanship at the same time.

10. THE MOTOR BOAT—Its Selection, Care and Use by H. W. Slauson. The intending purchaser is advised as to the type of motor boat best suited to his particular needs and how to keep it in running condition after purchased. The chapter headings are: Kinds and Uses of Motor Boats—When the Motor Barks—Speeding of the Motor Boat—Getting More Power from a New Motor—How to Install a Marine Power Plant—Accessories—Covers, Canopies and Tops—Camping and Cruising—The Boathouse.

11. OUTDOOR SIGNALLING, by Elbert Wells. Mr. Wells has perfected a method of signalling by means of wig-wag, light, smoke, or whistle which is as simple as it is effective. The fundamental principle can be learned in ten minutes and its application is far easier than that of any other code now in use. It permits also the use of cipher and can be adapted to almost any imaginable conditions of weather, light, or topography.

12. TRACKS AND TRACKING, by Josef Brunner. After twenty years of patient study and practical experience, Mr. Brunner can, from his intimate knowledge, speak with authority on this subject. "Tracks and Tracking" shows how to follow intelligently even the most intricate animal or bird tracks. It teaches how to interpret tracks of wild game and decipher the many tell-tale signs of the chase that would otherwise pass unnoticed. It proves how it is possible to tell from the footprints the name, sex, speed, direction, whether and how wounded, and many other things about wild animals and birds. All material has been gathered first hand; the drawings and half-tones from photographs form an important part of the work.



13. WING AND TRAP-SHOOTING, by Charles Askins. Contains a full discussion of the various methods, such as snap-shooting, swing and half-swing, discusses the flight of birds with reference to the gunner's problem of lead and range and makes special application of the various points to the different birds commonly shot in this country. A chapter is included on trap shooting and the book closes with a forceful and common-sense presentation of the etiquette of the field.

14. PROFITABLE BREEDS OF POULTRY, by Arthur S. Wheeler. Mr. Wheeler discusses from personal experience the best-known general purpose breeds. Advice is given from the standpoint of the man who desires results in eggs and stock rather than in specimens for exhibition. In addition to a careful analysis of stock—good and bad—and some conclusions regarding housing and management, the author writes in detail regarding Plymouth Rocks, Wyandottes, Orpingtons, Rhode Island Reds, Mediterraneans and the Cornish.

15. RIFLES AND RIFLE SHOOTING, by Charles Askins. A practical manual describing various makes and mechanisms, in addition to discussing in detail the range and limitations in the use of the rifle. Treats on the every style and make of rifle as well as their use. Every type of rifle is discussed so that the book is complete in every detail.

16. SPORTING FIREARMS, by Horace Kephart. This book is the result of painstaking tests and experiments. Practically nothing is taken for granted. Part I deals with the rifle, and Part II with the shotgun. The man seeking guidance in the selection and use of small firearms, as well as the advanced student of the subject, will receive an unusual amount of assistance from this work. The chapter headings are Rifles and Ammunition—The Flight of Bullets—Killing Power—Rifle Mechanism and Materials—Rifle Sights—Triggers and Stocks—Care of Rifle—Shot Patterns and Penetration—Gauges and Weights—Mechanism and Build of Shotguns.

17. THE YACHTSMAN'S HANDBOOK, by Herbert L. Stone. The author and compiler of this work is the editor of "Yachting." He treats in simple language of the many problems confronting the amateur sailor and motor boatman. Handling ground tackle, handling lines, taking soundings, the use of the lead line, care and use of sails, yachting etiquette, are all given careful attention. Some light is thrown upon the operation of the gasoline motor, and suggestions are made for the avoidance of engine troubles.

18. SCOTTISH AND IRISH TERRIERS, by Williams Haynes. This is a companion book to "The Airedale," and deals with the history and development of both breeds. For the owner of the dog, valuable information is given as to the use of the terriers, their treatment in health, their treatment when sick, the principles of dog breeding, and dog shows and rules.

19. NAVIGATION FOR THE AMATEUR, by Capt.

E. T. Morton. A short treatise on the simpler methods of finding position at sea by the observation of the sun's altitude and the use of the sextant and chronometer. It is arranged especially for yachtsmen and amateurs who wish to know the simpler formulae for the necessary navigation involved in taking a boat anywhere off shore. Illustrated with drawings. Chapter headings: Fundamental Terms—Time—The Summer Line—The Day's Work, Equal Altitude, and Ex-Meridian Sights—Hints on Taking Observations.

20. OUTDOOR PHOTOGRAPHY, by Julian A.

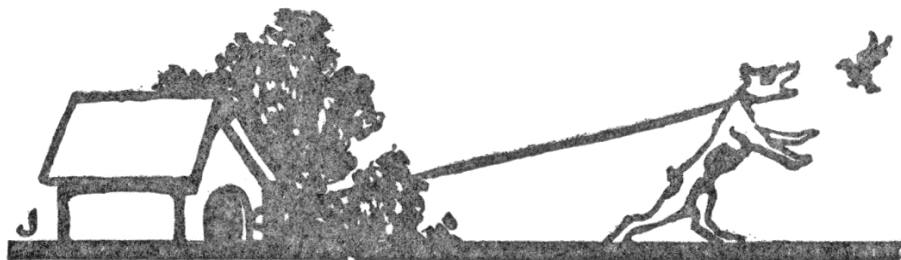
Dimock. A solution of all the problems in camera work out-of-doors. The various subjects dealt with are: The Camera—Lens and Plates—Light and Exposure—Development—Prints and Printing—Composition—Landscapes—Figure Work—Speed Photography—The Leaping Tarpon—Sea Pictures—In the Good Old Winter Time—Wild Life.

21. PACKING AND PORTAGING, by Dillon

Wallace. Mr. Wallace has brought together in one volume all the valuable information on the different ways of making and carrying the different kinds of packs. The ground covered ranges from man-packing to horse-packing, from the use of the tump line to throwing the diamond hitch.

22. THE BULL TERRIER, by Williams Haynes.

This is a companion book to "The Airedale" and "Scottish and Irish Terriers" by the same author. Its greatest usefulness is as a guide to the dog owner who wishes to be his own kennel manager. A full account of the development of the breed is given with a description of best types and standards. Recommendations for the care of the dog in health or sickness are included. The chapter heads cover such matters as:—The Bull Terrier's History—Training the Bull Terrier—The Terrier in Health—Kenneling—Diseases.

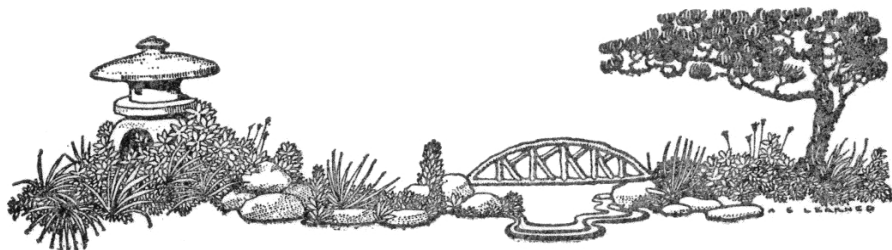


23. THE FOX TERRIER, by Williams Haynes.

As in his other books on the terrier, Mr. Haynes takes up the origin and history of the breed, its types and standards, and the more exclusive representatives down to the present time. Training the Fox Terrier—His Care and Kenneling in Sickness and Health—and the Various Uses to Which He Can Be Put—are among the phases handled.

24. SUBURBAN GARDENS, by Grace Tabor.

Illustrated with diagrams. The author regards the house and grounds as a complete unit and shows how the best results may be obtained by carrying the reader in detail through the various phases of designing the garden, with the levels and contours necessary, laying out the walks and paths, planning and placing the arbors, summer houses, seats, etc., and selecting and placing trees, shrubs, vines and flowers. Ideal plans for plots of various sizes are appended, as well as suggestions for correcting mistakes that have been made through "starting wrong."



25. FISHING WITH FLOATING FLIES, by

Samuel G. Camp. This is an art that is comparatively new in this country although English anglers have used the dry fly for generations. Mr. Camp has given the matter special study and is one of the few American anglers who really understands the matter from the selection of the outfit to the landing of the fish. His book takes up the process in that order, namely—How to Outfit for Dry Fly Fishing—How, Where, and When to Cast—The Selection and Use of Floating Flies—Dry Fly Fishing for Brook, Brown and Rainbow Trout—Hooking, Playing and Landing—Practical Hints on Dry Fly Fishing.

26. THE GASOLINE MOTOR, by Harold Whiting

Slauson. Deals with the practical problems of motor operation. The standpoint is that of the man who wishes to know how and why gasoline generates power and something about the various types. Describes in detail the different parts of motors and the faults to which they are liable. Also gives full directions as to repair and upkeep. Various chapters deal with Types of Motors—Valves — Bearings — Ignition — Carburetors — Lubrication — Fuel — Two Cycle Motors.

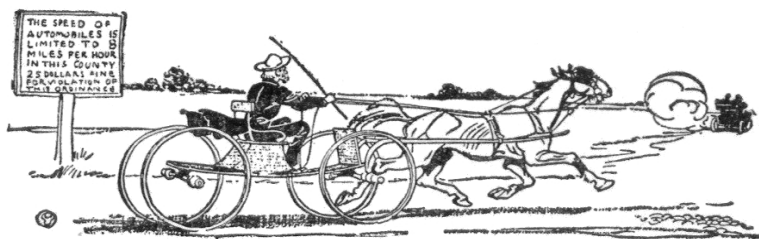
27. ICE BOATING, by H. L. Stone. Illustrated with diagrams. Here have been brought together all the available information on the organization and history of ice-boating, the building of the various types of ice yachts, from the small 15 footer to the 600-foot racer, together with detailed plans and specifications. Full information is also given to meet the needs of those who wish to be able to build and sail their own boats but are handicapped by the lack of proper knowledge as to just the points described in this volume.

28. MODERN GOLF, by Harold H. Hilton. Mr. Hilton is the only man who has ever held the amateur championship of Great Britain and the United States in the same year. In addition to this, he has, for years, been recognized as one of the most intelligent, steady players of the game in England. This book is a product of his advanced thought and experience and gives the reader sound advice, not so much on the mere swinging of the clubs as in the actual playing of the game, with all the factors that enter into it. He discusses the use of wooden clubs, the choice of clubs, the art of approaching, tournament play as a distinct thing in itself, and kindred subjects.

29. INTENSIVE FARMING, by L. C. Corbett. A discussion of the meaning, method and value of intensive methods in agriculture. This book is designed for the convenience of practical farmers who find themselves under the necessity of making a living out of high-priced land.

30. PRACTICAL DOG BREEDING, by Williams Haynes. This is a companion volume to PRACTICAL DOG KEEPING, described below. It goes at length into the fundamental questions of breeding, such as selection of types on both sides, the perpetuation of desirable, and the elimination of undesirable, qualities, the value of prepotency in building up a desired breed, etc. The arguments are illustrated with instances of what has been accomplished, both good and bad, in the case of well-known breeds.

31. PRACTICAL DOG KEEPING, by Williams Haynes. Mr. Haynes is well known to the readers of the OUTING HANDBOOKS as the author of books on the terriers. His new book is somewhat more ambitious in that it carries him into the general field of selection of breeds, the buying and selling of dogs, the care of dogs in kennels, handling in bench shows and field trials, and at considerable length into such subjects as food and feeding, exercise and grooming, disease, etc.



32. PRACTICAL TREE PLANTING, by C. R.

Pettis. The author, who is the New York State Forester, takes up the general subject of reforestation, covering nature's method and the practical methods of broadcast seed-sowing, seed spot planting, nursery practice, etc. The various species are described and their adaptability to varying conditions indicated. Results of reforestation are shown and instructions are given for the planting of wind-breaks and shade trees.

33. GUNSMITHING FOR THE AMATEUR, by

Edward C. Crossman. Mr. Crossman, who is one of the best-known rifle experts in the country, takes up in detail the care and repair of the gun. He discusses such questions as The Present Development of the Gun—Tools for the Amateur—Rifle Barrels—Smooth Bore Barrels—Rifle Actions—Pistol and Gun Actions—Refinishing and Processing—The Stock, Sights and Aids to Accuracy.

34. PISTOL AND REVOLVER SHOOTING, by A. L.

A. Himmelwright. A new and revised edition of a work that has already achieved prominence as an accepted authority on the use of the hand gun. Full instructions are given in the use of both revolver and target pistol, including shooting position, grip, position of arm, etc. The book is thoroughly illustrated with diagrams and photographs and includes the rules of the United States Revolver Association and a list of the records made both here and abroad.

35. PIGEON RAISING, by Alice MacLeod. This is a book for both fancier and market breeder. Full descriptions are given of the construction of houses, the care of the birds, preparation for market, and shipment. Descriptions of the various breeds with their markings and characteristics are given. Illustrated with photographs and diagrams.

36. INSECTS ON THE FARM, by E. P. Felt.

A practical manual by the New York State Entomologist. He classifies insects—good and bad—according to crops and gives directions for the eradication of the harmful and the encouragement of the desirable. Full descriptions are given of the principal varieties.

37. MARINE GAS ENGINEERING, by A. L.

Brennan, Jr. This is a practical manual written from the standpoint of a teaching engineer. All the details of marine gas engine construction and operation are described, step by step, with explanatory diagrams. All technical terms and appliances are fully defined and the latest developments and refinements are traced and described. It is a book for the man who wants to understand and operate his own engine.

38. THE RUNNING HOUND, by Roger Williams.

This includes the greyhound and all the deer and staghounds that run by sight alone. The origin of the various breeds is traced and striking individuals in each class are described. Instructions are given for breeding, care and training for field and show purposes. Illustrated with photographs of types.

39. SALT WATER GAME FISHING, by Charles

F. Holder. Mr. Holder covers the whole field of his subject devoting a chapter each to such fish as the tuna, the tarpon, amberjack, the sail fish, the yellow-tail, the king fish, the barracuda, the sea bass and the small game fishes of Florida, Porto Rico, the Pacific Coast, Hawaii, and the Philippines. The habits and habitats of the fish are described, together with the methods and tackle for taking them. The book concludes with an account of the development and rules of the American Sea Angling Clubs. Illustrated.

40. WINTER CAMPING, by Warwick S. Carpenter.

A book that meets the increasing interest in outdoor life in the cold weather. Mr. Carpenter discusses such subjects as shelter equipment, clothing, food, snowshoeing, skiing, and winter hunting, wild life in winter woods, care of frost bite, etc. It is based on much actual experience in winter camping and is fully illustrated with working photographs.

41. THE TRAILING HOUND, by Roger Williams.

In this book General Williams takes up the hounds that run by scent, such as the foxhound, the bloodhound, and the beagle. He gives full instructions for care in the kennels, feeding, treatment of disease, breeding, etc., and follows it up with directions for training for field and show purposes. Illustrated with photographs of the various types which are fully described in the text.

42. BOAT AND CANOE BUILDING, by Victor

Slocum. All of us like to think we could build a boat if we had to. Mr. Slocum tells us how to do it. Designs are given for the various types of canoes as well as full descriptions for preparing the material and putting it together. Small dories and lapstreak boats are also included.

43. BASS AND BASS FISHING, by James A. Henshall. Mr. Henshall has made a special study of the basses in all parts of the United States, a work for which his connection with the Bureau of Fisheries has given him exceptional opportunities. He discusses the habits of the bass and the methods and tackle appropriate for its capture. He also gives in detail the latest facts in regard to the artificial culture and planting of this valuable game fish.

44. BOXING, by D. C. Hutchison. Practical instruction for men who wish to learn the first steps in the manly art. Mr. Hutchison writes from long personal experience as an amateur boxer and as a trainer of other amateurs. His instructions are accompanied with full diagrams showing the approved blows and guards. He also gives full directions for training for condition without danger of going stale from overtraining. It is essentially a book for the amateur who boxes for sport and exercise.

45. TENNIS TACTICS, by Raymond D. Little. Out of his store of experience as a successful tennis player, Mr. Little has written this practical guide for those who wish to know how real tennis is played. He tells the reader when and how to take the net, discusses the relative merits of the back-court and volleying game and how their proper balance may be achieved; analyzes and appraises the twist service, shows the fundamental necessities of successful doubles play.

46. THE AUXILIARY YACHT, by H. L. Stone. Combines information on the installation of power in a boat that was not designed especially for it with the features desirable in designing a boat for this double use. Deals with the peculiar properties of the auxiliary, its advantages and disadvantages, the handling of the boat under sail and power, etc. Does not go into detail on engine construction but gives the approximate power needed for different boats and the calculations necessary to find this figure.

47. TAXIDERMY, by Leon L. Pray. Illustrated with diagrams. Being a practical taxidermist, the author at once goes into the question of selection of tools and materials for the various stages of skinning, stuffing and mounting. The subjects whose handling is described are, for the most part, the every-day ones, such as ordinary birds, small mammals, etc., although adequate instructions are included for mounting big game specimens, as well as the preliminary care of skins in hot climates. Full diagrams accompany the text.