

EDGELEADS "ONE AND ONLY DUKE KAHANAMOKU"

Robert Edgren, feature sport writer for the New York World, and a syndicate of more than a score of mainland newspapers recently published a long article on the subject of "The One and Only Duke Kahanamoku." The article was accompanied by Edgren's own sketches made at the Olympic trials. One sketch is an excellent likeness of Duke's head. Another shows him plowing through the water and a third shows him making a running start.

Here is what Edgren says about Duke: "Why, no," said Duke Kahanamoku, "I never went down after sharks with a knife. That isn't done in Hawaii now, you know. The ancients did it, but they were better men in those days. They used to take a knife and swim out and go down and kill sharks, according to the old stories. But none of the boys care to try any think like that. It's a little too dangerous. It is done in some of the islands down south still, but I've never seen it."

Duke Kahanamoku is the greatest of all the native swimming champions of Hawaii. He will be one of America's strongest competitors in the swimming sprints at the Olympic games at Antwerp. The "Duke" is an Olympic champion. He won the 100 meter swimming event in the Olympic at Stockholm in 1912. In the Olympic trials he has just broken Norman Ross's world's record for 100 meters by covering the distance in one minute one-fifth second, four-

fifths of a second better than the old mark. A swimmer lasts longer than most athletes. That is because swimming is almost a game, a recreation, at least it's that way in the south seas. "I hardly remember whether I learned how to walk or how to swim first," the Duke told me. "The first thing I remember is taking a cracker board and pushing it ahead of me to swim out into the surf, using it like a surf board. You can take small boards and go a long way. I used to swim out, turn around and come back through the surf. Afterward I used a surf board, of course. "Training? Why, I never did go into real training for a race but once, and that time I overtrained and went stale. "No Hard Training. "My training consists of going out and swimming around. I'd be in the water all day. There's nothing else to do down there. The water doesn't change much. Sometimes I take a board along and go far out and stay a long time. Sometimes I go out to swim a canoe. I'm always around the water. "How did you begin training for a race? "I suppose you raced quite a while before you began to win and break records," suggested Duke Kahanamoku laughed. "No," he said, "I didn't begin racing until I was 19. I was swimming without winning. In fact, I won my first race in 1911, when I was 17, but that was my first meet. I won my three races and broke two world's and one American record; world's records for the 50 and 220-yard events. Since that time I have held all the records up to 440 yards, but I am not a fast long distance swimmer. My best distance is the sprint, about 100 yards. "A funny thing about my swimming" went on the Duke, "is that from the time I was a kid I used a modern crawl kick. That's supposed to be a modern invention, but I used it naturally—always used it. Nobody ever showed it to me, I swear that way the first time I pushed a cracker board ahead of me and swam out into the surf. The fact is there's no such thing as a modern way to swim. I have no doubt that the Hawaiian swimmers used every stroke we know and perhaps had better swimming form than we'll ever have."

HARRIS EXPLAINS LUDY'S TROUBLE BELATED LETTERS TELL OF RACE

Another belated letter has arrived from W. W. Harris, Jr., of the American swimming team now in Antwerp, which tells of the final trials in Chicago early in July and how Ludy Langer for the mile race. "Friday night we all went to bed early and woke up feeling fine. That is, everybody but Ludy," writes Harris. "He woke up feeling all right, but after he had seen the doctor he didn't feel very good. This is how it all came about: "That tank at the L. A. C. is about 12 feet deep at the deep end, but they only fill it all up when they are to have races, and at other times leave it two-thirds full. What I mean is that the water level is five to six feet below the floor level. "Well, Ludy dove in one day and went a little sideways and the water hit him right in the ear and broke his ear drums. Saturday morning after he had seen the doctor two or three times he was told that he should not go in the water. "The Question "Well, Ludy did not know what to do, and finally decided that he would go in the mile and make a place and he would be all right for the team. In the mile there were 17 entered. It was a pretty race all the way through. Ludy and Bolden jockeyed back and forth all the time and if it had not been for that he had ear Ludy I feel sure would have won. Bolden beat him by about six inches. Ludy got second place and Kahale of the Great Lakes

Naval Training school got third. Geibel of New York was fourth. Bolden's time was 25:26, while Ludy's was 25:24, so you can see how close they were. "There were 22 entries in the 440 yard race, but only 10 showed up at the starting block. There were Ross, Wallen, C. Brown, Leo Geibel, Pua, myself and four or five others. Ross made one false start and had to come back. The next time we all got away together. Ross led at the first turn. Pua was second and Wallen third. At the 200 meter turn Pua led, with Ross second, Wallen third, Geibel fourth and myself fifth. At the 300 meter turn with 110 yards to go, everybody was about the same. Right there I realized it was time to go. First I passed Geibel, then Wallen. At 400 yards I passed Pua and at the finish I was 16 feet behind Ross. Time 5:40.2."

"Slow, what? Believe me, Mike, that 440 was covered in about 5:20 at least if not better, but as I told you before, the currents in the lagoon go forward and backward and sideways, so you cannot tell. Pua was two yards behind me and Wallen was five yards behind Pua."

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U. S. BIKE TEAM WILL PEDAL IN LONG GRIND AT ANTWERP

While little has been said about America's cycling team which is to compete in the Olympics this country has selected some high-class pedalists.

Almost as grueling as the famous marathon, and at other times leave it two-thirds full. What I mean is that the water level is five to six feet below the floor level. "Well, Ludy dove in one day and went a little sideways and the water hit him right in the ear and broke his ear drums. Saturday morning after he had seen the doctor two or three times he was told that he should not go in the water. "The Question "Well, Ludy did not know what to do, and finally decided that he would go in the mile and make a place and he would be all right for the team. In the mile there were 17 entered. It was a pretty race all the way through. Ludy and Bolden jockeyed back and forth all the time and if it had not been for that he had ear Ludy I feel sure would have won. Bolden beat him by about six inches. Ludy got second place and Kahale of the Great Lakes

The Oahu bowling team consisting of Messrs. Slater, Ham, Hall, Truesdell and Jordan leaves here Friday night for Maui to take part in a bowling tourney on the Valley Isle.

Our best long distance rider, as revealed from the trials, is J. Freeman of the St. Louis Cycling club. He covered the distance, 108.74 miles, in 5 hours, 24 minutes and 50 seconds, over the Long Island course. Freeman is 30 years old and has been riding bikes ever since he was 15.

His runner-up is August Nogara of Washington D. C. who was clocked about three minutes later for the Olympic distance. He is an employe of the postoffice department and took up bicycling for recreation and got the racing bug. Nogara is 24 years old.

The leading road and track performer of the middle west is Ernest Koehler. He is 23 and a seasoned veteran on the pedals. "Kid of Teams Johnny Otto of Newark, N. J., is the strapping of the team. He is only 13 and weighs but 122. Otto is tougher than wire, and only laughs as he wheels off the miles.

Robert Grassing of New York and Carl Stockholm of Chicago complete the sextet of distance riders. Fred Taylor, Anthony Dotterweich and William Beck are the track racers of the squad.

Four of the five events in the Olympics will be on the track. They are the 1000-metre sprint, the 2000-metre tandem, the 51-kilometre race and the 4000-metre team pursuit race (one team for each nation).

The track at Antwerp has an excellent surface for speeding. The entire road course of the 175-kilometre race is especially treacherous with a coat of cinders three feet in width. The team is being trained by Joe Fogler, who will make the trip with the bikers.

The second series of the Plantation baseball league will open next Sunday with Aiea at Waipahu and Ewa at Wai'anae.

The eighth monthly medal play of the Honolulu Golf club will be staged on Sunday and a good entry list is expected.

National League

Yesterday's Results
Cincinnati 2, Boston 4; Cincinnati 13, Boston 19; St. Louis 5, Philadelphia 1.

Club Standing

Club	P.	W.	L.	Pct.
Cincinnati	102	58	44	.569
Boston	101	58	43	.567
New York	100	54	46	.540
Pittsburgh	94	52	46	.521
Chicago	102	52	50	.510
St. Louis	103	48	55	.466
Boston	97	43	54	.442
Philadelphia	101	41	60	.401

American League

Yesterday's Results
Washington 2, Boston 4; Boston 4, St. Louis 6.

Club Standing

Club	P.	W.	L.	Pct.
Cleveland	104	68	36	.654
New York	110	69	41	.627
Chicago	108	67	41	.621
St. Louis	102	52	50	.510
Washington	109	46	54	.460
Boston	102	42	60	.412
Detroit	100	39	61	.388
Philadelphia	105	22	73	.295

Coast League

Yesterday's Results
Sacramento 11, Salt Lake 13; Oakland 2, Vernon 4; Portland 5, Seattle 3.

Today's Games
Portland at Seattle.
Sacramento at Salt Lake.
Los Angeles at San Francisco.
Oakland at Vernon.

Club Standing

Club	P.	W.	L.	Pct.
Vernon	129	75	55	.577
Salt Lake	123	70	53	.569
Portland	121	68	53	.561
Los Angeles	127	60	67	.529
Seattle	124	62	62	.500
San Francisco	125	38	87	.314
Oakland	126	25	101	.202
Sacramento	128	54	74	.423

BOWLERS OFF FRIDAY

The Oahu bowling team consisting of Messrs. Slater, Ham, Hall, Truesdell and Jordan leaves here Friday night for Maui to take part in a bowling tourney on the Valley Isle.



HANDSOME-TROPHIES OFFERED BY O. S. CO.

Two handsome cups have been put up by the Office Supply Company for competition by sundry organizations at Schofield Barracks. One cup is for enlisted men and the other for officers. They will be competed for over the rifle range.

TYPO ERROR

By the simple dropping of one cipher, the amount of the assessment on the Outrigger club was made to appear \$2500 instead of \$25,000 in the recent published report of Warren A. Dease, president of the Outrigger Canoe club. The old assessment was \$500.

The First National Bank will play the Bank of Bishop & Co., and the Bank of Hawaii will meet Trent Trust Co. at Damon field in the Financiers' league games Saturday.

THREE MATCHES ON CARDS FOR TODAY

Three matches will be played in the Neighborhood Tennis club doubles tourney: Today: Mrs. W. M. Roys and Miss B. Jones vs. Miss V. Halstead and Miss A. Macfarlane; H. P. Osborne and R. Horner vs. W. A. Wall and S. Taylor; J. A. Aech and H. Morgan vs. W. M. Roys and W. Searby.

Yesterday: Mrs. Cunningham and Mrs. Blackman defeated Mrs. S. Watson and Miss E. Phillips, 6-2, 5-7, 6-3. Philip F. Lee and C. A. Aech also defeated H. B. Bailey and Major Cooley 6-2, 6-1. H. A. Aech and C. Horner defeated A. Spencer and F. W. Law 6-2, 4-3.

The Braves play the Honolulu and the Walkieie tackles the Chinese in the Honolulu Baseball league doubleheader at Moiliili next Sunday.

Training Diet

"Do you diet in any way, as a matter of training?" I asked. "No," said the Duke. "I always eat whatever I feel like eating. I eat fruit, vegetables, steak—anything. I eat pie and ice cream—I want it. I eat fish. Sometimes I eat fish raw. In our ancient way. "I've had many kinds of food in Hawaii. I think I like steak as well as anything. I often eat steak. I eat vegetables and fruit but I am not vegetarian; positively not." Edgren lauds the Duke as a perfect specimen when he says: "Whatever he eats, and however he trains, Duke Kahanamoku is an ideal athlete in appearance and a consistent performer in competition. Like many other Hawaiians, he clearly shows breeding. His head is very well shaped, his hair thick and black—I noticed that he rubbed grease into it well after his Olympic troyee races in salt water. His features are regular, his forehead high, ears perfectly shaped, eyes well shaped, open, quick and intelligent. His nose straight and his mouth strong and powerful. His hands are rather small and his fingers long, slender and broad-shaped. His feet are big, broad, and shaped like paddles, an inheritance from many centuries of sea-swimming ancestors. His toes are broad and long. One could almost imagine that a few more generations of swimming champions in the Kahanamoku line of descent would develop wet feet.

An Ancient Greek

I never saw a man with a finer torso. His shoulders are wide and well muscled. His body tapers neatly to the small waist, with the perfect muscle lines so often shown in the thighs and the well-shaped calf, neither too light nor too heavy. These legs, like his powerful arms, make a perfect driving machine for his swimming stroke. The famous scribe noticed the chevron-like shape of the world champion for he says: "The most extraordinary development, however, is that of the Duke's pectoral muscles, the breast muscles that he uses when he swims, as they are pulled down in a swimming stroke. These muscles stand out in high relief. They are, I think, developed to about three times the thickness of the pectoral muscles of Greek athletes. He is an athlete. It is something like the very unusual development of the breast muscles of a duck or a quail—heavy but fast-flying birds. "I have seen a male Hawaiian, bred from generations of swimming ancestors, and living almost as much in the water as on dry land."