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PORT LIMON, COSTA RICA, SATURDAY, OCTOBER 14, 1905.

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Limon Weekly News.

PORT LIMON, SATURDAY OCT. 14, 1905

F. M. H. WOOD.

PRINTER AND PUBLISHER, PORT LIMON
COSTA RICA, CENTRAL AMERICA.
ANTONIO LEHMANN CENTRAL AVENUE
SAN JOSE, Agent.

TRAINING FOR FOOTBALLERS.

BY F. DAVIDSON CURRIE.

Continued from October 7th.

Those who live a long way from a training of football ground, should take more walking and dumb bell exercise.

A visit to the ground for actual training purposes should be made on Tuesdays and Thursdays, or any two nights convenient; but no training should be indulged in after Thursday, as the player does not feel quite so keen after training on Friday, and he may be a little stiff.

The amount of exercises taken greatly depends upon the requirements of the individual. Some cannot stand the strain so well as others owing to the lack of physical development. In that case it is wiser to do just sufficient without causing too much exhaustion. The amount can be increased as the player gets stronger or more physically capable, which he is certain to do if he carries out these instructions daily.

FOOD.—It is a very difficult matter to tell players what they should eat, as a great deal depends upon the requirements of the constitution. Some can eat what others cannot, or what is distasteful to others they enjoy. No one can prescribe certain foods without knowing something of the conditions of living. It is not difficult though to tell players what they

should not eat or drink.

To keep the wind right, or to prevent "stitch," players should not smoke previous to the match. Smoking is injurious in a measure to the free action of the lungs and impedes the work of those organs. There are thousands who persist in doing so, but it only wants to be tried to find out the beneficial effects of abstaining from smoking.

Avoid eating too many sweet stuffs, nuts or onions. These are very bad for the wind, and players who indulge in these luxuries find they are soon short of breath.

Avoid strong drinks. Drinking of any kind is bad, especially intoxicating liquors. Milk is not to be recommended; neither is too much tea or coffee. Cocoa is very nourishing, and can be taken with safety.

Those who are not abstainers will find that about the best thirst quencher is bitter beer. It is not recommended as a drink, but a tonic. One glass of bitter beer after a hard game of football sometimes restores the energy wonderfully but nevertheless, like all other intoxicating drinks, it is better left alone.

Lemons are useful to suck at half-time, because they induce the glands in the mouth to exude saliva, which keeps the mouth moist, and the juice also helps to remove phlegm which may have become fast in the throat.

A player must be guided by his own feelings chiefly, but if he wants to keep himself always in good condition he will neither eat nor drink too much.

Much of a player's success, or form, depends upon the amount of sleep he gets. For a player to expect that he can keep in form if he goes to bed late every night would be as though strawberries could grow from turnips.

There is nothing so important as regularity of habits. From half-past ten to eleven is quite late enough to be out of bed under ordinary circumstances. The amount of sleep required de-

pends upon the individual, for some want more than others.

Again, the nature of a person's employment must be taken into consideration, which makes it difficult to lay down a hard and fast rule in this respect.

Sufficient rest is required in order to keep fit, and unless this is not obtainable, players cannot expect to show their best form in football.—545A.

A series of articles entitled "How to Become a Good Footballer," will appear shortly in the "Weekly Telegraph." They are from the pen of Mr. F. Davidson Currie.

Nicaragua and United States.

ALBERS, THE AMERICAN, SAID TO HAVE INSULTED THE REPUBLIC'S PRESIDENT.

Washington, Sept. 27.—Mr. William S. Albers, local manager for the Port Limon Company at Jalapa, Segovia Province, Nicaragua, has been convicted by the Nicaraguan Court sitting at the headquarters of that province, Ocotul, where Mr. Albers has been confined in jail for a month or more. This news reached the State Department to-day.

Mr. Albers is in free communication with both his counsel and the Legation at Managua and as the sentence has not yet been pronounced the indication is that he will appeal. He was charged with having obstructed a process of law and also with having uttered defamatory remarks regarding President Zelaya. The department refuses to say whether or not the Minister or Consul General or any other person will be sent to Nicaragua.

To a representative of the Port Limon Company who came down from Philadelphia to-day to ascertain what was doing in the case, Mr. Ades said that the department was prepared in the event of any "injustice" being

done to Mr. Albers to make a diplomatic inquiry.

Mr. Albers, who was the manager of the Limon Mining Company, was arrested with his brother on August 14 at Jalapa, Nicaragua, where the company's offices are located. The specific charge made against Mr. Albers by the Nicaraguan government was the resistance to lawful process and with threatening to shoot a government officer and with insulting the President of Nicaragua.

He was confined in jail at Ocotul and vigorous efforts were made to obtain his release, but without success. A thorough investigation of the affair was made by United States Minister William L. Merry at San José, Costa Rica, and a report sent to Washington.

Following the receipt at Washington of a letter written by an American scientist in Nicaragua, the Navy Department ordered the gunboat Princeton, which was then at Paopao to proceed to San José, Costa Rica, and pick up Minister Merry and convey him to a port nearest to Ocotul, where Minister Merry would represent the United States at the trial and see that the accused man obtained justice.

Mistaken Diagnosis.

There are many people who have pains in the back and imagine that their kidneys are affected, while their only trouble is rheumatism of the muscles, which can be cured by a few applications of Chamberlain's Pain Balm, or by dampening a piece of flannel with the Pain Balm and binding it over the affected parts. A pain in the side or chest should be treated in the same manner and prompt relief is sure to follow. For sale by the INTERNATIONAL PHARMACY, Limon.

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A.R.M.

