

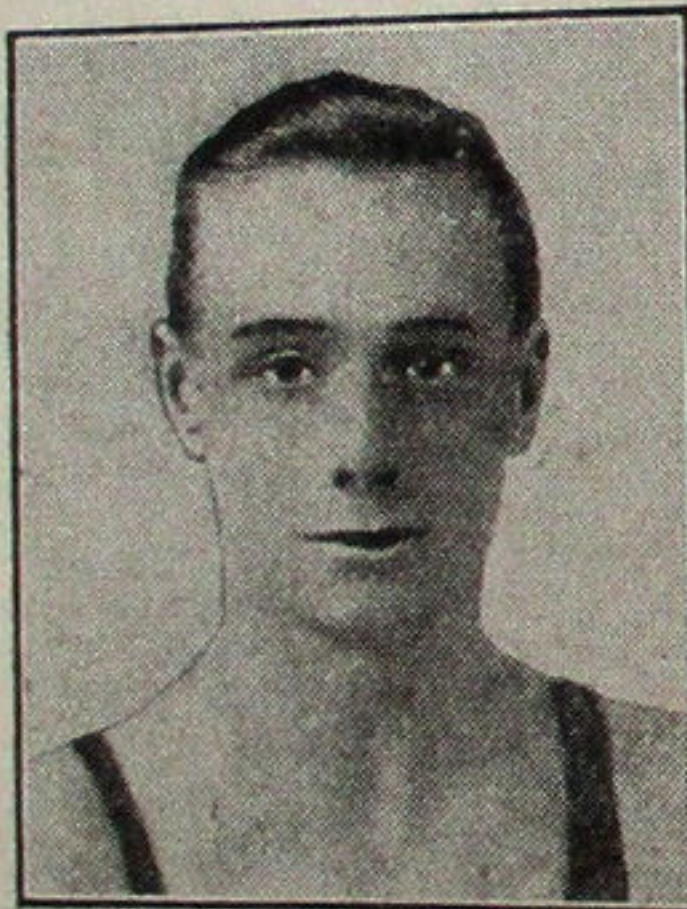
BOXING for BOYS

By
Stanley Hooper

LEARNING TO GIVE AND TAKE

I MAY be inviting criticism when I state that boxing is the greatest of all sports on account of the wonderful virtues it possesses; and this, in itself, is the main reason of the remarkable popularity enjoyed by boxing at the present day.

The boxing enthusiast has to learn to give and take hard blows with good humour, and to restrain himself in trying circumstances. Above all, he has to be hardy and strong. The training that is necessary for him to become an able exponent of the "Noble Art" strengthens the constitution, washes away most common ailments, and keeps him to the right course of life. Here we have concentration of mind over body, and this is necessary for man and youth alike to keep from acquiring habits that are prejudicial to good health. The commendable desire for manhood strength—to become a master of men—keeps the aspirant to boxing honours to the healthy course. The actual boxing itself lends the enthusiast confidence in himself and his abilities. This will prove of the utmost value in after life. With constant training and boxing practice comes vigour and energy, whilst self-reliance inevitably follows.



The Author of this fine article

A FEW SIMPLE EXERCISES

So, if, as is quite possible, the Ministry of Health, or the Board of Education—whoever has the matter in hand—finally decide that the qualities enumerated above will amply repay for the small amount of trouble and

time spent in the inauguration of compulsory boxing exercise in the schools, there will, so far as I can see, be only one section of the public at large that will have cause for complaint. I am referring to the members of the medical profession, whose fat bank balances are likely to diminish considerably in consequence of the all-round improvement in the health of the youthful generation.

Boys who wish to take up boxing with all the seriousness that it deserves, should promptly set to work with whole-hearted enthusiasm to prepare the constitution and to fit themselves generally to withstand the strain that the arduous exercise of boxing entails.

I think that the first thing I did as a lad when commencing my boxing career was to perfect my "breathing apparatus," so that my "wind" should always be in good order. So very few people know how to breathe correctly, and so very few realise the wonderful

health benefit derived from the correct interpretation of inhaling and exhaling, that a few words of advice on this important subject would not come amiss.

Some of the results arising from faulty breathing are pallid cheeks, lustreless eyes, flat chests, lack of energy, and a tendency to chills, colds, and disease. These are only a few of the evils contracted, and are due to oxygen starvation. When breathing, hold the body in such a position that, standing or sitting, the breathing is free and perfectly natural.

The following simple exercise, adaptable to young and old alike, and performed for two or three minutes in the open air every morning upon rising, will improve the wind and incidentally tone up the whole constitution.

Stand upright and hold the arms straight at the sides, with hands extended. Then draw them outward from the sides and upward, perfectly rigid, and inhale gradually until the backs of the hands touch over the head, when the lungs should be absolutely full. Now let the hands drop slowly to the sides again, exhaling the while.

The air in the lungs should be exhausted by the time this second movement is completed. The exercise should be gone through about half a dozen times. Again, the lung capacity can be enlarged to its fullest extent by standing erect, filling the lungs, and then contracting rigidly the muscles of the hands, arms and chest, and then bending backward

and forward from the waist. Breathing exercises are essential to the would-be boxer; for to excel at the sport the enthusiast's wind, it is obvious, must be of the soundest variety.

WALKING FOR HEALTH.

Plenty of walking exercise should be indulged in. Keep the limbs nice and supple, and walk with head erect. Inhale through the nostrils and exhale through the mouth.

Regulate your breathing while walking, and fill your lungs to their utmost capacity with each breath you take until you feel they are going to burst, which will be a sure indication that the exercise is doing you good.

Remember, walking is one of the finest healthful exercises known—and the cheapest.

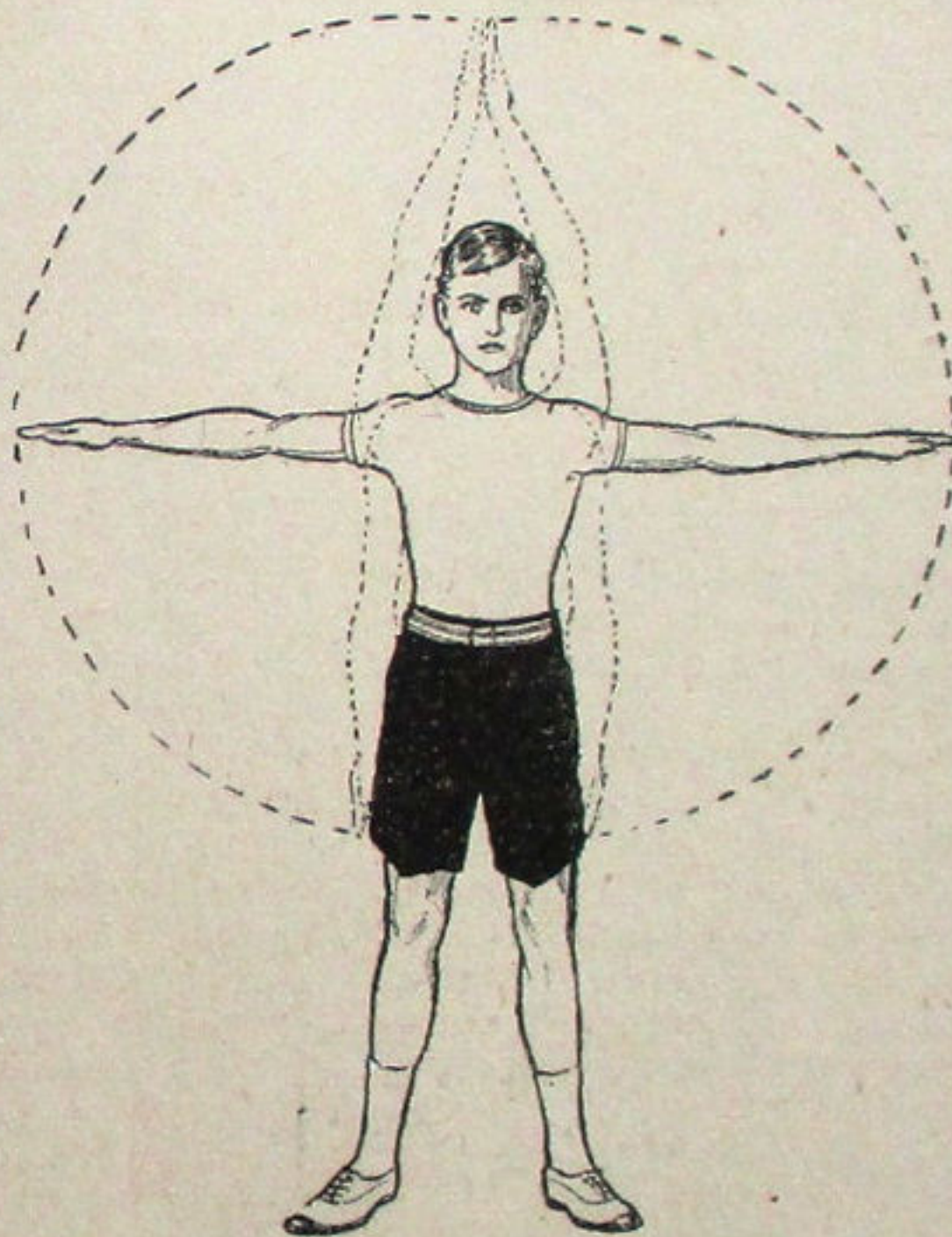
Looseness and flexibility of muscle is imperative to the boxer, with the exception of the abdominal muscles, which must be hardened and tightened in order to offer resistance against body blows.

A helpful way to toughen up the stomach region is to lie on the floor stretched out on your back, with legs perfectly straight and heels touching.

Fold your hands behind your head, then raise your legs until they are at right angles with the body.

Now sit up, by muscular exertion alone, without bending your knees.

You will find it hard at first, no doubt, but it will come to you easily after a little practice.



Illustrating the exercise described on this page

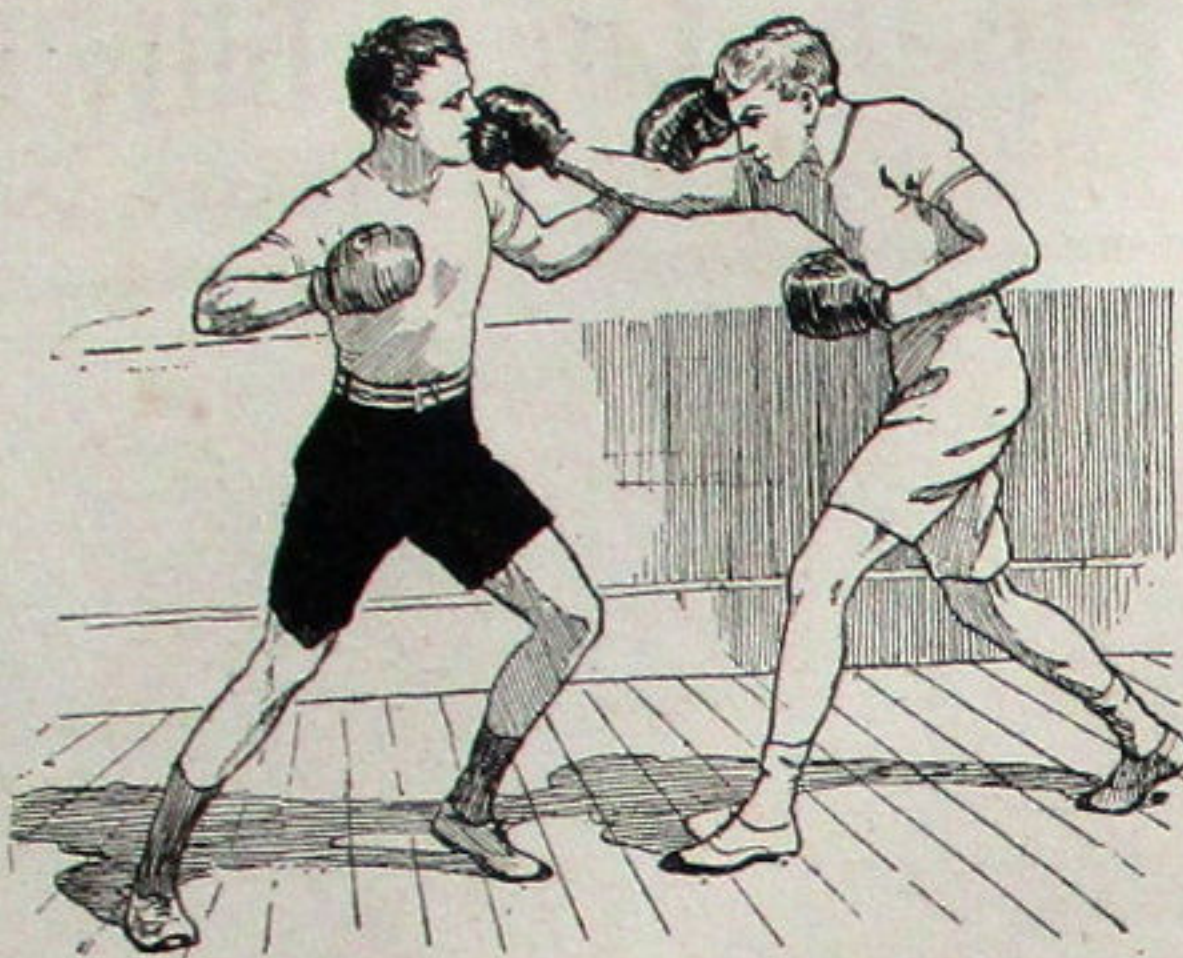
SOME HELPFUL HINTS.

By following the foregoing directions carefully you will notice a great improvement in your health and general condition in a very short space of time.

You will then be ready to don the gloves, and I should advise you to get a chum somewhere about your own age, weight, and size to practise with. You may be able to borrow a set of boxing gloves; if not, you can obtain a set fairly reasonably at any sports outfitters.

Try and get someone who is fairly proficient in the "Noble Art" to stand by and supervise your work. Perhaps you know an old army instructor, or a friend a little older than yourself who has had some experience in a local boxing club.

If you are keen you will soon pick up the rudiments of the manly art, and the more



I should advise you to get a chum somewhere about your own age to practise with. (See this page)

earnest advice to you is to go in for the sport with whole-hearted zeal and zest—no half measures—taking always as your motto the words: "Sacred thy body even as thy soul."

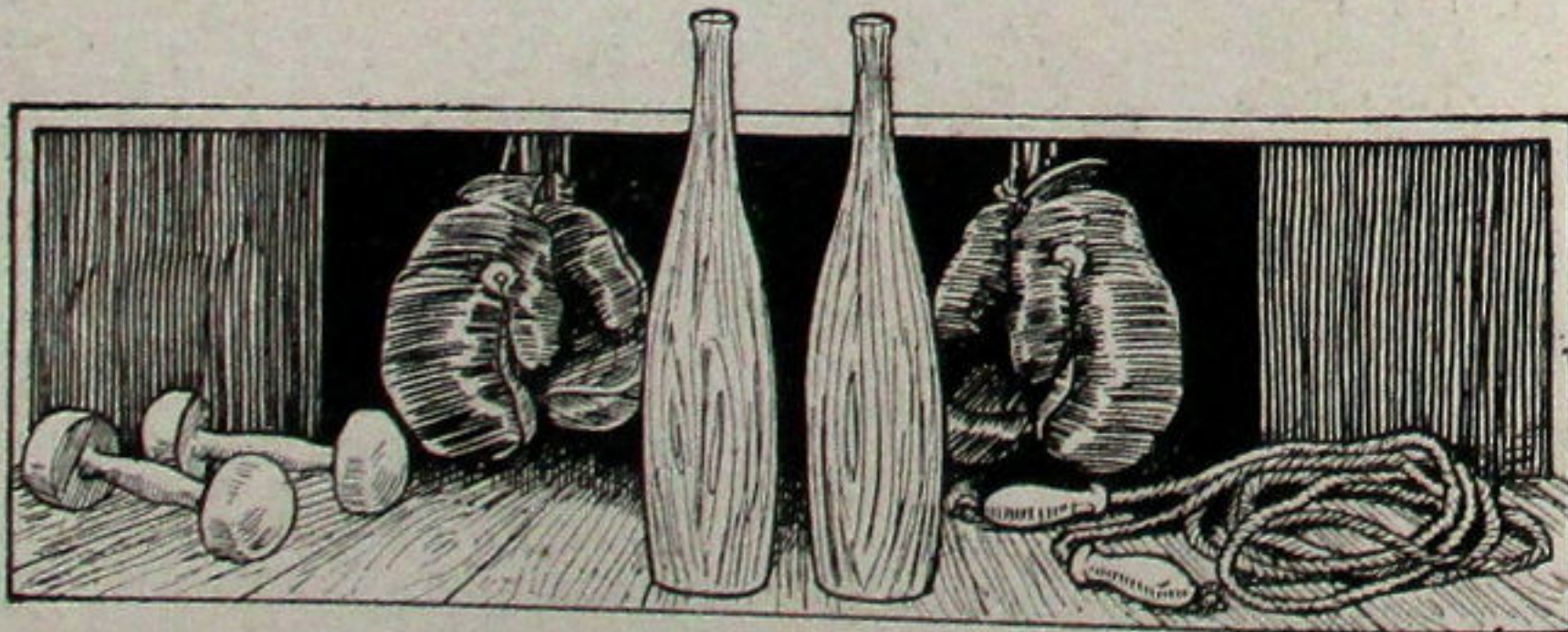
You will succeed and the doctors will be out of work! The sport will make *men* of you all.

Stanley Cooper

scientific knowledge will come with time and experience.

Your gymnastic apparatus will at first cost you but very little. All you will require to commence with is just a light pair of dumb-bells, ditto Indian clubs, a skipping-rope, and a good set of gloves.

In conclusion, my



A Day in the Life of Billy Bunter

Depicted by C. H. CHAPMAN



William George Bunter is the fattest junior at Greyfriars School. Owing to his peculiar habits and customs, he does not always find life in the Remove Form at Greyfriars a bed of roses. But, as a rule, allowance is made for his little weaknesses, and, in spite of his insatiable appetite and his habit of borrowing things that do not belong to him, he gets off pretty lightly in the end!