

TRAP SHOOTING BENEFITS



CAPTAIN "Tom" A. Marshall, of the Remington-U. M. C. Co., thinks that every man and woman should learn to shoot, and to shoot well, and particularly women, says the *New York Tribune*.

His reason for this is that it not only eliminates the element of timidity and fear with which most women are affected, but it makes them self-reliant and enables them to ably protect themselves. But the great reason in addition to this is that lovers of trap and field shooting secure such splendid outdoor exercise—exercise that comes from exhilarating effort without overexertion.

Captain Marshall is the only man who twice has won the world's championship as a wing shot. He also organized and captained a team of wing shots, selected from all over the United States and sent to Europe in 1901. It is history that the men returned with the scalps of every European shooting team at their belts, this, of course, being the more remarkable when is remembered that they allowed their English, Scotch, Irish, French and German friends two shots to their one at every target.

His own experience is the foundation for his belief that trap shooting and kindred outdoor sports should be adopted by all men, especially those whose avocation keeps them closely indoors. He took up the rod and gun as a means of relaxation and restoring himself to health, and declares that as a life lengthener and health restorer shooting has golf, polo, football, etc., "backed off boards."

In substantiation of this assertion he cites the fact that both trap and field shooting is exercise of the most exciting nature, without the unusual exertion and sudden strains, with the attendant opportunities of injury, of football, polo, lawn tennis or even baseball. No one ever heard of a man being overcome with heart failure or apoplexy, he says, while at trap or in field, while scarcely a day passes through the athletic season that there is not a serious injury to a participant in some game.

In talking on the pleasures and benefits of trap shooting Capt. Marshall said:

"The sport of trap shooting is growing more popular each year. John Philip Sousa devotes almost his entire leisure to trap and field work. Fred Stone, of 'Red Mill' fame, spends his vacations trap shooting or taking extended tours after big game, the last a trip into Alaska with Rex Beach. Mayor Reed of Boston spends many afternoons at the traps. Emerson Hough gained his intimate knowledge of Western life while living in the open in pursuit of health. Even President Roosevelt won his way back to health in the open, on his ranch in Dakota, carrying his gun over hill and dale in pursuit of game, until he returned to his Eastern home. Now, at the close of his administration, he again returns to the gun and outdoor life as a means of

pleasurable recuperation.

"As indicative of the inherent tendency toward this noblest of all sports, in almost every town, village and city you find the organized gun club, which is the direct means of education in the handling of firearms.

"Trap shooting is strictly a gentleman's sport. With the spirit of jealousy and envy entirely eliminated, in my judgment, it is the cleanest of all sports. This evidenced by the fact that Leonard Tufts, owner of Pinehurst, N. C., has adopted trap shooting as his leading line of sport, and annually, in January, pulls off a week's tournament, which rivals those at Monte Carlo, Tampa and Palm Beach. Even Ormond divides its interest between the automobile and the scatter gun.

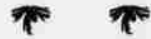
"It is the bounden duty of every woman to become familiar with the handling of firearms, not only for the pleasure and health giving exercise of field and trap shooting, but as a means of encouraging self-reliance and personal protection, both against real and imaginary dangers.

"It requires little time to familiarize or teach a person the use of firearms, so that he may shoot, load and handle the same. Many women thus 'wised' carry a revolver in their muffs, or have same conveniently located when alone in the house, thus in a great measure obviating the nervousness incidental to passing dark alleys or being left at home alone of nights.

"I predict that 1909 will be the banner year in trap and field shooting. Every indication, from close observation in all parts of the country, points to this."

NOTE—Indicative "Captain Tom" is still in the game was his record of seventy-four out of seventy-five made during the Midwinter Handicap. Doubtless no man in the professional ranks is more generally popular.

It is, however, largely as a "missionary" that Capt. Marshall is now employed and his territory is the whole country; his welcome alike cordial wherever trap shooters gather.



Bridge at The Magnolia.

Mrs. D. K. Stuki of Buffalo, and Miss Alice Griffin of Providence, were the hostesses at a farewell bridge party given for Mrs. H. G. White of Ridge-wood, N. J., at The Magnolia on Monday evening. Mrs. G. H. Oldring, Miss Mollie Abbe, Mr. Converse Wurdeman and Mr. F. B. Pottle were the prize winners.



Late Cottage Additions.

Mr. and Mrs. Tyler L. Redfield of New York, are late additions to the cottage colony, pleasantly located at the Plymouth for the winter.

The return of Mr. and Mrs. Arthur Malcolm and family of Bethlehem, to the Waldheim, is welcomed by a large circle of acquaintances.



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