

Dancer No 'Shoo-In' For '64 Race Honors

By JACK SULLIVAN
Canadian Press Sports Editor

Northern Dancer is a sweetheart of a horse to Canadians. He's done more for Canada in the last few months at the international level than the suave diplomats of the external affairs department.

But someone will have to embark on a Madison Avenue hard-sell to convince turf writers in the United States that this Canadian-bred three-year-old should be considered seriously as North America's 1964 horse of the year. The Yanks still have to be shown at the Woodbine track in Toronto when American and Canadian turf writers got together to exchange lies before the 105th running of the Queen's Plate.

Will a win today for the Dancer help him in the balloting for horse-of-the-year honors in North America? A Canadian asked innocently.

"None," shot back a knowledgeable American authority. "But I'll tell you one thing, it certainly will go against him if he loses."

That was a giveaway to American thinking about E. P. Taylor's colt.

TWO MORE RACES

He'd won the Kentucky Derby and the Preakness. A win in the tough 1 1/2-mile Belmont Stakes would have virtually assured him of the title but he took a beating from Quadrangle and Roman Brother.

Still, two-thirds of the triple crown gave a horse some rating. Throw in the Plate, a \$50,000-added affair for Canadian-bred three-year-olds, which the Dancer won in a romp, and Canadians correctly figure he belongs with the best American thoroughbreds.

But the fellows who do the balloting, the turf writers, evidently need further convincing. And since taking a nip out of

one of them wouldn't be the gentlemanly way to get their attention, the Dancer will have to show them on an American track. He'll have a couple of more chances this year.

On Aug. 22 Northern Dancer will run in the Travers Stakes, a costly 1 1/4-mile race, at Saratoga. And the distance should be right for him. He seems to go best between a mile and a mile and a half.

He whipped the field over 1/4 miles in the Kentucky Derby, followed this with a convincing 4 1/2-length victory in the 1 1/2-mile Preakness, and after falling and a half at Belmont he was an easy 7/8-length victory over 1 1/2 miles in the Queen's Plate even though jockey Bill Hartack never did let him go full out.

Bisley Team Is Selected

OTTAWA (CP) — The Dominion of Canada Rifle Association team which will compete at Bisley, England, in July was honored at a banquet Thursday prior to departure by air for England.

The 18-man Canadian team will compete against Britains from Australia, Britain and Rhodesia in the annual two-week competition beginning July 4. Canada last won the event in 1953.

Leading the Canadian contingent will be Lt.-Col. D. C.

MacAtney, Peakers, 444; E. Hykes, Vernon River, 333; J. Smith, Peakers, 283, and C. Creamer, Souris, 182.

Two games were thrown out. Souris vs. Vernon River will be replayed later and the Vernon River-Peakers game, won by Vernon River was awarded to Peakers.

Action was taken because of the use of ineligible players. It was announced.

Following are the standings:

W L
Georgeowna 5 0
Stewart 3 2
Morrell 3 2
Peakers 2 3
Vernon River 1 2
Cardigan 1 3
Souris 0 3

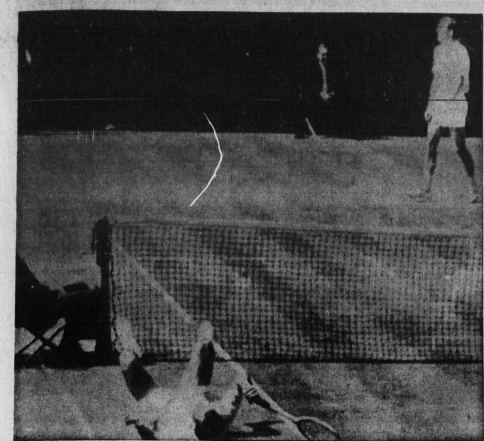
Kings County Ball Action

Georgetown is leading the Kings County Baseball League with five games won and seven losses. Souris trails the seven-team circuit with three losses, and no wins.

Leading the Canadian contingent will be Lt.-Col. D. C.

SENATOR TO WED
BOSTON (AP) — Senator Maurice Brown Neuberger (Dem. Ore.) will marry Dr. Philip Solomon, a psychiatrist at Boston City Hospital, in Washington July 12, the Boston Globe said Monday. It would be the second marriage for both. Mrs. Neuberger, 56, succeeded her husband, Richard Neuberger, in the Senate after his death March 9, 1960. Solomon, 50, is divorced.

OWN CONVENTION
Sorcerers in parts of South Africa have their own annual conventions.



THE FALL OF A CHAMPION

Defending champion Chuck McKinley of San Antonio, Tex., falls on his back during his semifinal match with Fred Stolls of Australia in Wimbledon tennis championships at Wimbledon, Eng., and today, Stolls, background, who dropped his racket momentarily, won 4-6, 10-7, 9-6. (AP Wire photo via cable from London.)

Physical Fitness Expert Learned By Experience

By BOB TRIMBEE

EDMONTON (CP) — Morris Sobel stepped innocently into a wrestling ring 22 years ago in Toronto and almost got his head bent off.

"I knew nothing about wrestling. I had gone into the gym with a friend and this instructor invited me to work out in the ring."

"I thought he was going to show me a few things. I guess, in a way, he did. He got me around the head, gave a couple of twists, then smashed me to the floor."

Sobel got up with a broken jaw and it was three weeks before he could eat solid food. He brooded about the incident, then decided he was going to get back in the ring and beat the instructor.

It took months and in the course of this effort he became a "bug" on physical fitness and wrestling. He worked at various exercises and gradually developed a set he could use as a permanent personal keep-fit program.

Now these exercises are the binder in a growing group known as the Sobel Set in which Sobel, a compact dynamo of five-foot-10 and 190 pounds, is the acknowledged adonis.

RUNS HOTELS

Sobel, one of seven children of a poor Polish tailor, is the driving general manager and part owner of a pair of thriving motor hotels, a man who has been known to put off a business meeting to make time for his exercises.

Three times a week he and the group of friends who form the Sobel Set work out in a gym or on a field, using the Sobel-

bel-devised arrangement of 30 exercises to keep in shape.

The exercises range from toe-touching and pushups to trunk bends and twists, swings and stretches and running.

"None of the exercises are new," Sobel says. "They've been known for years. All I have done is to put them into a sequence that takes about 45 minutes to complete. My set is designed to give people a definite program. . . . You have to be positive to encourage people and show them that they can enjoy staying fit."

Sobel, 50, went to work as a youngster in Toronto as a factory messenger and got his secondary education at night school. In 20 years he was plant manager and then entered the hotel business.

Following his law-breaking encounter in the wrestling ring and development of his personal fitness program, he took up amateur wrestling as a light- or heavyweight or heavy-weight and won his division in both the Toronto and Ontario championships each year from 1942 to 1948.

He coached the University of Toronto wrestling team for three years in the mid-40s and his team won two Canadian intercollegiate titles.

Despite his successes, Sobel sees championship contests only as "an attraction to get other people interested. . . . It's the gym or a field, using the So-

or who has little or no interest in sports who is to be helped. He's the guy who's going to get out of shape."

The RCAF asked him to help rehabilitate men recuperating from surgery. He led the patients in exercises—"sometimes they were so weak we had to move their arms or legs"—and after a program lasting 28 days on average the patients left in better shape than when they joined the air force.

SAVED CHILD

Sobel found the first converts to his fitness program among Toronto newspaper men who interviewed him after he had rescued an infant from the ledge of a roof.

He had raced up three flights of stairs and smashed several doors to reach the child. He told the newspaper men he never could have reached the child in time had he not been in shape, then proceeded to enlarge upon his favorite theme, exercising.

The Toronto Star soon afterward published the 30-exercise Sobel program and later the Calgary Herald and Edmonton Journal did likewise.

Inquiries by mail brought a pamphlet on the exercises. Sobel distributed 11,000 copies, most of them printed at his own expense — "I have never accepted a cent for conducting classes or for the printed pamphlets." A Toronto publisher is interested and "maybe they'll fill the gap now that I'm out of copies."



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This year, the Province of Prince Edward Island is celebrating one of the most important dates in Canadian history—the 100th anniversary of the first Confederation Conference of Canada.

The high adventure of Confederation was embarked upon in Charlottetown on September 1, 1864. Top statesmen from Upper and Lower Canada joined with leaders from Canada's seaside colonies, who were actually gathered to discuss Maritime Union, and steered the deliberations in the direction of a broader union. The proposal resulted in the joining, three years later, of all British North American colonies into vast Federal entity stretching from the Atlantic to the Pacific Ocean. Thus was born the Dominion of Canada.

On a bronze mural in historic Confederation Chamber in Charlottetown the spirit of the Fathers of Confederation meeting is captured by the following phrase inscribed thereon:

"PROVIDENCE BEING THEIR GUIDE THEY BUILT BETTER THAN THEY KNEW"

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