

Mr. Fitz

Had Words

For Wise

By Herald Wire Services

Sunny Jim Fitzsimmons had a way with people and phrases.

Everyone was always welcome at his home in New York or Miami, where chances are Mr. Fitz would expound on one or more of the following observations:

1. There are 1,000 ways a horse can lose a race. (Once, when asked to enumerate, he had reached 100 and was going strong when all bets were canceled.)

2. You can beat a race but you can't beat the races.

3. The only way to win is to follow one trainer and eliminate his worst horses. (In younger days Mr. Fitz had a standing \$5 win bet on all his horses. The biggest wager he ever made was \$100 on Man o' War in the only race Big Red lost, to Upset in the 1919 Sanford Stakes at Saratoga).

4. Treat horses like children, with kindness, and they'll be nice to you. But don't let them get away with anything.

5. To make good pancakes, prepare the batter the night before. (Mr. Fitz delighted in preparing a breakfast of pancakes for friends at the track).

6. To stay healthy, make a habit of early to bed, early to rise, and a Turkish bath every Sunday.