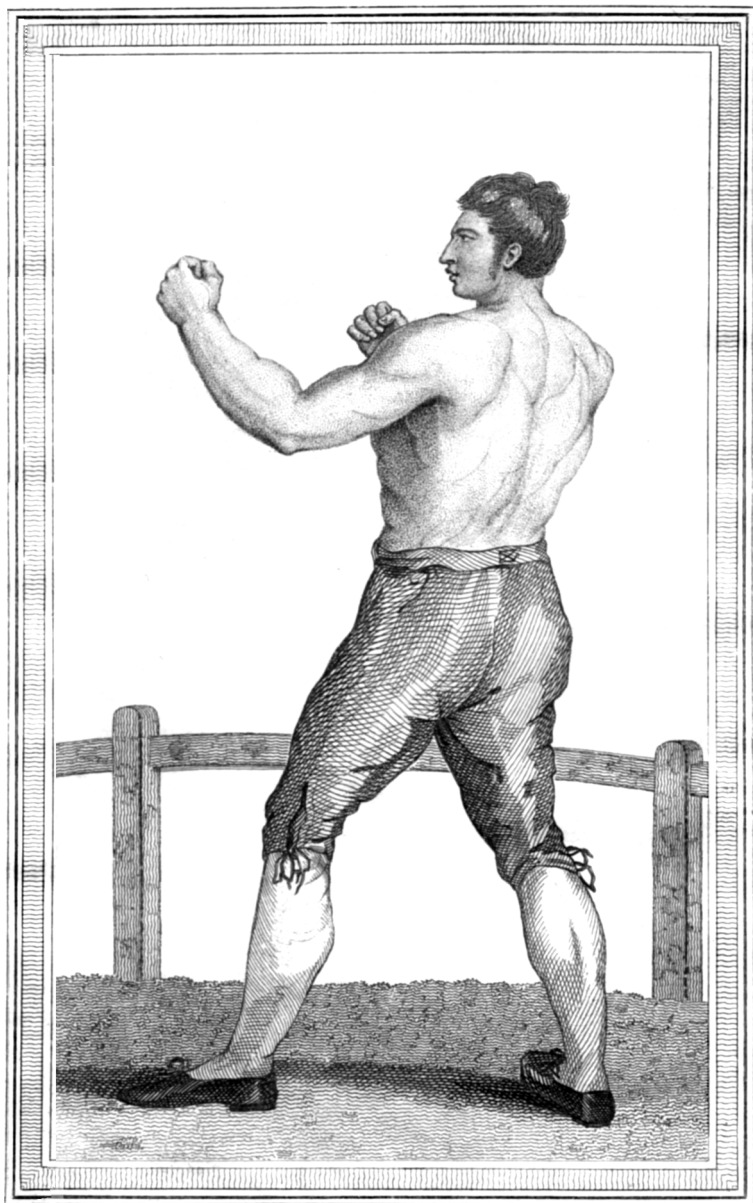




FRONTISPIECE



THOMAS CRIBB.

*The Champion of England*

**BOXIANA;**  
OR, *Sketches of*  
*Antient & Modern*  
**PUGILISM.**



*LONDON*

Published by **GEORGE VIRTUE**, 26, Ivy Lane.

1829.



**BOXIANA;**  
OR,  
**SKETCHES**  
OF  
**ANCIENT AND MODERN**  
**Pugilism,**  
FROM THE DAYS OF THE RENOWNED  
BROUGHTON AND SLACK,  
TO THE  
**CHAMPIONSHIP OF CRIBB.**

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BY PIERCE EGAN.

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Θάρσει μηδέ τί πω δειδισσο. — HOMER.  
Homo sum, humani nil à me alienum puto. — TERENCE.

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DEDICATED TO  
**CAPTAIN BARCLAY.**

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**VOL. I.**

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**London:**

Printed by C. BAYNES, Duke-street, Lincoln's-inn-fields.  
PUBLISHED BY GEORGE VIRTUE, IVY LANE,  
PATERNOSTER ROW.

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1830.



TO  
CAPTAIN BARCLAY.

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SIR,

WITH the freedom of an Englishman, and consistent with those genuine principles of liberty for which you are distinguished, I conceive that no apology is requisite in addressing you on a subject, in which a peculiar FEATURE OF THE TIMES we live in may be developed, if not handed down to posterity.

In viewing you, Sir, as a LOVER AND PATRON OF THOSE SPORTS that tend to invigo-

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rate the human frame, and inculcate those principles of generosity and heroism, by which the inhabitants of the English Nation are so eminently distinguished above every other country, is the sole reason of dedicating to the attention of Captain BARCLAY, the work entitled—BOXIANA; or, SKETCHES OF ANCIENT AND MODERN PUGILISM.

To those, Sir, who prefer *effeminacy* to hardihood—*assumed refinement* to rough Nature—and to whom *a shower of rain* can terrify their *polite* frames suffering from the unruly elements—or who would not mind Pugilism, if BOXING was not so shockingly *vulgar*—the following work can have no interest whatever. But to persons, Sir, who, like yourself, feel that Englishmen are not automata, and however the advantages of discipline may serve for the precision and movement of great bodies, that it would ultimately lose its effects, were it not animated by that native spirit, which has been found



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to originate, in a great measure, from what the fastidious term—*vulgar Sports*, BOXIANA will convey amusement, if not information.

The *cause*, Sir, ought not to be lost sight of in the *effect*—and the alacrity of the TAR in serving his gun, the daring intrepidity of the BRITISH SOLDIER in mounting the Breach, producing those brilliant victories which have reflected so much honour on the English Nation—may be traced to something like these sources ; sources which impart generosity to the mind, and humanity to the heart, by instilling those unalterable principles in the breast of every Briton, not to take an unfair advantage of his antagonist. This trait cannot be more *nationally* illustrated than in the instance of a British Sailor, at the taking of Fort Omoa, who, being in possession of two swords, and suddenly meeting an enemy destitute of any weapon of defence, with unparalleled manliness and generosity, *divided*

the instruments of death with him, that he might have a fair chance for his life !

SPORTS, Sir, which can produce *thoroughbred* actions like the above, will outlive all the sneers of the fastidious, and *cant* of the hyper-critics.

I remain, SIR,

With every consideration

and manly respect,

Your humble Servant,

P. EGAN.

*July 29, 1912.*

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# BOXIANA.

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## THE ART OF TRAINING.

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### INTRODUCTION.

ITS IMPORTANCE IN ATHLETIC CONTESTS. MORAL EFFECTS CONDUCE TO VICTORY. JOCKEYS, PEDESTRIANS, WRESTLERS, HOW DIFFERING FROM PUGILISTIC TRAINING. OF THE OLD-SCHOOL TRAINING AND WRITTEN TREATISES; COMMON ERROR OF ALL. TRAINING DOWN FAT AND FLESH; THICK BLOOD AND SLOW. SCURVICAL HABITS, GENERAL OBSERVANCES. OF TRAINING UPWARDS. CAPTAIN BARCLAY.

A SUBJECT of so much importance as enabling a man to use his best exertions in any affair that requires the employment of his *greatest capabilities*, yet previously impaired by irregularity, can be of no mean consideration to the pugilist, who has to contend against another, possibly more wary and circumspect than himself in this species of preparation for the strife. He sees his antagonist stripped, *showing the muscle* distinctly, and reflects with despondency at first

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sight on the disparity of his own condition ;\* for the victory is as often obtained by moral conviction of success, as by actual superiority of strength and skill residing in the same *quantity* of stuff, to say nothing of that quickness of perception which *the mind* acquires when the body (its habitation) is in good condition. If all has been done that can be effected towards attaining this end, the combatant has at least one consideration to cheer his prospects, that *nothing has been neglected* on the part of his friends to secure a *fair chance* of victory. But would they go farther, and practise a few precautions, founded on reason and experience, they may more securely reckon upon the attainment of their wishes, and thus undertake, as matter of profit, that trouble which they would avoid simply for sake of victory. The jockey and the pedestrian train with very different views, as both do differ with the pugilist in matter of feeling as well as in the prize to be obtained. The first seeks to reduce his *weight* merely, without regarding the remains of strength which he may retain ; and although this otherwise desirable quality may be improved by *his training* (which always tends downwards), yet, if he *lasts* five or six minutes' hard work, this is all he requires. *Should he fail, the horse is blamed.* The *pedestrian* engages against *Time*, generally ; and if *the old fellow* be not beaten, his impersonality comes not to upbraid the *athletic* with superior *condition* ; it is

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\* In 1811, when Cribb and Molineux entered the ring the latter declared himself abashed at the fine condition of his opponent, whom he expected to find " full of blubber," or loose flesh.

the *pugilist* only who suffers in his feelings by defective comparison with his opponent; and upon him lies most incumbent the duty of attending to the precepts of older and wiser, if not equally interested, persons, with himself. He may fail to win the fame of a *conqueror*, but his backers will lose all *the blunt*. In some respects, *wrestlers* require similar treatment with *pugilists*, but the similarity extends no farther than perhaps insomuch as the two species of undertaking may be considered alike, or than wrestling is a subservient auxiliary to boxing. However, doubts having arisen in some good minds, whether real pugilists should be allowed to close and wrestle for the throw in any case, the consideration of this secondary art is postponed to a subsequent page. Several persons verbally, and some *in writing*, have recommended certain observances to *the men* of the ring about to engage in battle, as to what they should do to acquire most bodily strength. Both kinds of persons speak to points of regimen; but all have erred, or rather *hit short of the mark* of excellence, by supposing *all the men* who require training to be in one and the same condition previously to going into training. Three doses of salts, three sweats, and three vomits, accompanied by three other things not worthy mention, for three weeks, with victuals three quarters dressed, constitute the most intelligent rationale of training recommended by the old school of pugilism, which hath passed away with our earliest years; but the meanest capacity must perceive, that many constitutions could not bear this kind of treatment, and acquire strength; several of the men having *trained*