

### Bellefonte, Pa., April 4, 1919.

### SAME LITTLE GIRL.

There was a little girl, And she had a little curl, Right in the middle of her forehead. 'No room for it," she said, "On the side of my head,"

For she lived in a flat-which was horrid. The little hat she wore, Long behind and before,

Pointed up in the air, like an arrow, And she had a little plume On the top. There wasn't room

On the side, 'cause, the flat was too narrow.

Her pretty little mouth Always pointed north and south, As if it only uttered "prunes" or "prism Neither "cabbages" nor "game"

Could she undertake to name; There wasn't even room for "rheumatism."

So the dear little girl With her pretty little curl,

And her plume, and her "prunes" and her 'prism," And her narrow little hat,

Dwelt contented in a flat, For she hadn't any room for pessimism.

-Chicago Tribune.

## THANKS TO LUCIA.

(Concluded from last week). III

Elliot got to work on his full-length portrait of Suzanne that afternoon, using ordinary colors on my advice, and, as the picture proceeded, this proved to be good, the more refined medium being, in hands accustomed to a crude one, like giving a keen-edged, tempered tool to a primitive bone-carver who had been digging at his designs with a jagged chunk of flint. Having a sound, basic knowledge of his craft, gained in building with his rough-hewn blocks, Elliot, like the Norman builders, when they first got their hairy but intelligent paws on Caen stone, found an easy field for his potentialities. He got accents and nuances hitherto impossi-

It speedily became clear to me that I had a great portraitist in captivity. The same thing became evident to others who looked in—lay brethren— for it really does not need a Ruskin to tell one how to judge a painting, given the straight goods without any "ists" and "isms." Suzanne got interested in the picture from the first, and she must have got interested in the painter, too, for she let Elliot take her joyriding in my little two-seater, which he had learned to drive in an unholy fashion. He was, like myself, a gar-rulous worker, and when the sittings were in progress, one could hear his steady patter from the front of the house. He was also very rapid in his

Meanwhile, deeply immersed in my own job, I had ceased to serve as time-keeper on Lucia and Wade and left the business to work out according to the laws of nature and human events. Then, suddenly, the wind struck in at a different slant, which made things look as if it might work Mrs. Smith, with an Elizabethan particularly. countenance, dragged me into her boudoir and delivered an edict ex cathedra. "Mr. Brown," said she, in outraged accents, "I fear that your friend Mr. Fiske has not rid himself of his Latin Quarter principles-or lack of

precise, as a sea-anemone, and she considers Wade's blindness as an advantage." And I told the anxious mother of what she had said on this score. "She would make him a devot-ed wife. It is true that she has no dot-

"Oh, bother the dot!" Mrs. Smith

wered, "and, unless I am very much mistaken, is the coming portrait-painter. You may soon expect to hear him spoken of in the same breath as Sargent, or Brown, the marine paint-er. And just look at Wade! Can't

ing and filling and standing off and on trying to get up the nerve to tell Suzanne that he's lost his taste for ing and filling and standing off and on trying to get up the nerve to tell Suzanne that he's lost his taste for her. And from what you tell me, I should think it probable that Suzanne has been navigating the same troub-led waters. Fiske, with his high-ex-plosive temperament and love of ab-stract beauty, is just the man for her." "But he's old enough to be her father," Mrs. Smith demurred. "Yes." I admitted: "provided he greater. disease, and will give half an hour a day to the purpose. When we tackled the job of war, the man that was physically fit for that iob was a rare exception. Twen-ty-nine per cent. of the men between twenty-one and thirty-one who were examined by draft boards were re-jected. If the war had continued, so that the men over thirty-one would have come up for examination, the proportion would have been still oth: Some time ago a man came to

"There is no immediate danger," answered. "I am waiting until next week when your husband goes to San

Trancisco." This terminated the interview, and I went home, very pleased with the turn of events, being convinced that Mrs. Smith would thoroughly approve the marriage of Wade and Lucia on thinking the arrangement over. It trait, which has since received such distinguished recognition. His arm was about her waist, and he did not take the trouble to remove it on my entry. I am sure I do not know why people are so regardless of my pres-ence when in affectionate relations. His sould be supple and en-turty. I am sure I do not know why people are so regardless of my pres-ence when in affectionate relations. His sould be a man who can stand the south as an who can stand log. I necessary is the sould best strain of business and also, if neces-sary, stand the occasional over-strain whother this is to be considered as a commitment or the truty. I am sure I do not know why people are so regardless of my pres-ence when in affectionate relations. His sould be a man who are ence when in affectionate relations. His sould be supple and en-trait, which has since received such intake the trouble to remove it on my whother this is to be considered as a source for the truty of the subside so that anything is strain of business and also, if neces-sary, stand the occasional over-strain without bad effects. whether this is to be considered as a compliment or the reverse, but it ap-pears to be the case. I might have been a dog or an easel for all they seemed to care.

tle dazed, I thought, but not at all embarrassed, and this apparent indif-ference to my intrusion irritated me, ference to my intrusion irritated me, well, was that they speed up, and for some reason. As a matter of fact, speeding up means late hours and I suppose they were too utterly en-grossed with themselves to notice me, "We'll break down," they said.

# You Pass Your Physical Zenith Be- You can and ought to do both, if you have the time and opportunity. I know, however, that many men have tween 31 and 35.

interrupted. "But her father \_\_\_\_\_" "Her father comes of a good old New England Colonial family," I ans-

### Hill Too Fast.

#### BY WALTER CAMP, IN THE AMERICAN MAGAZINE.

er. And just look at Wade! Can't you see the miraculous change in him?" "Yes," she admitted. "But do you think that it will last?" "As long as Lucia lasts," I answer-ed, "and that will be, as she herself pointed out, eleven years longer than Suzanne, based on life insurance ex-pectations. But Wade has been box-ing and filling and standing off and on trying to get up the nerve to tell

"But he's old enough to be her father," Mrs. Smith demurred. "Yes," I admitted; "provided he had been a father at the tender age of thirteen, which, while reported in the case of the Hottentot and—" "Oh, hush!" She burst into a jolly laugh. "But I never would have thought it of Suzanne. Besides, I can hardly believe she would marry a poor "Perhaps she does not intend to marry him," I suggested. man." "Perhaps she does not intend to marry him," I suggested. "Mr. Brown, you painters are abso-lutely shameless. I think I had bet-ter get you out of here before you start making love to me." hardiy believe she would marry a poo-physically unfit for it as the hemp rope is to stand the strain of a steel cable. But scores of these men did stand the strain. And you can stand the one you have to face if you will do what they did. When we talk of the "middle-aged" ment is absolutely contrary to nature. No man is ever called upon in ordina-ry life to do it. If he has to pick up something off the floor, nature has

what they did. When we talk of the "middle-aged" ry life to do it. If he has to pick up something off the floor, nature has given him knees to bend in getting down to it. nith between thirty-one and thirty-

without bad effects.

At the beginning of the war a group of men here in New Haven found themselves face to face with great responsibilities. Some of them, manufacturers, had taken over huge They turned and surveyed me cas-ually, Elliot then letting his arm drop in a negligent fashion and reaching for a cigarette. Suzanne looked a lit-came engaged in patriotic labors of professional and business men, be-came engaged in patriotic labors of various kinds. The demand on the manufacturers, and on the others as

not the time and opportunity for sports. But such men can take a walk each day in the open air, a walk of a mile or two, either to or from

1 Also, if you have put flesh on you must not expect to get rid of it in a twinkling. If you did, your heart would pay the penalty. Nature did not put on that flesh in a few days. And she will not stand for having it taken off in a few days. The man who breathes deeply does not become fat. He gets enough oxygen to burn up the waste material.

fat. He gets enough oxygen to burn up the waste materials. But merely taking an occasional deep breath when he happens to think of it won't de him much coefficient to won't ward in half a circle over the left ear. do him much good. It must be a ha-bitual thing. And the only way to make it habitual is permanently to lift up his thoricic cage, or the cage

of the chest, and make use of the dia-phragm walls of the chest. Then he will automatically breathe as he should. And the way to do this is to take the proper kind of exercise. Another advantage gained from these exercises is an improved circu-lation and a better distribution of the blood supply. You probably have no-ticed that at committee meetings,

where men gather around the table to discuss some matter of business or policy, their checks become flushed, as if with exercise. The blood is rushing to the brain, which demands it because the brain is hard at work. (B) The blood is the brain is hard at work. After such a meeting, or between such meetings, go through a few of the exercises given further on. The blood leaves the brain then-it can't help doing so—and distributes itself through the trunk. The brain is re-lieved of its burden and you are ready for your dinner, or perhaps for another committee meeting.

But remember that you have to has reached the limit of motion, and keep regularly at your regimen; to the arms have passed the sides and keep fit you must exercise and walk, been forced back and up as far as posor play, every day.

down to it. This is only one illustration of the wrong kind of exercise. As for the others, such as rising on the toes a hundred times, and swelling out the birans by byinging the aleged of the hundred times, and swelling out the birans by byinging the aleged of the hundred times, and swelling out the birans by byinging the aleged of the birans by bying the aleged of the birans by bying the aleged of the birans by bying by birans by bying the aleged of the birans by bying the aleged of the birans by bying by birans by bying the aleged of the birans by bying the aleged of the birans by bying the aleged of the birans by bying by birans by by birans

loesn't need them. It is what lies under the ribs rather han what lies over them that is of ralue. The real essential is the en-gine, the part under the hood—lungs, trunk. The engine should be earthing under the trick, and find-ing that they "do the trick," As a rule, if a man finds that anything is actually bringing results, he will keep that thing up. It's the wrong kind of that they are exercises, and find-ing that they "do the trick," As a rule, if a man finds that anything is that thing up. It's the wrong kind of that they are exercises. The end of the trick, and find-the end of the trick, and find-ing that they "do the trick," As a rule, if a man finds that anything is that thing up. It's the wrong kind of that the end of the trick are the trick It is what hes under the ribs rather than what lies over them that is of value. The real essential is the en-gine, the part under the hood—lungs, heart, trunk. The engine should be kept oiled, if it is to run smoothly and climb the hill. And the right kind of exercise is the lubricant. exercise, the exercise that takes some-thing out of him instead of putting something into him, sending him about his day's work with lowered vi-The first sign of age is stiffness; 1 tality, that he shirks. Even with the right system, he should never exer-cise until he is tired. If he is not re-The first sign of age is stiffness; I might even say that a man is as old as he is stiff; and the muscles of the trunk, which are essential, the vital muscles, are the first to grow stiff un-less they are exercised. Watch a man get up from his chair. If he catches hold of the arm of the chair and helps himself up he is already growing stiff himself up, he is already growing stiff in the body. He is following the course of least resistance; he is help

WALTER CAMP'S "DAILY DOZEN SET-UP"

Fig. 8

1st Exercise:

Raise arms

sideways to

stem consists of twelve exercises. Each exercise starts from its rotation as far as possible from the position of attention: Heels to-gether, feet turned out at an angle of sixty degrees to each other; body

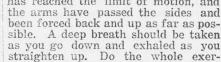


Do this five times. See Fig. 4.

5th Exercise: (A) Raise S.L arms as before to hori-A P zontal. Move the left foot twelve inches from the right. Slowly bend the fists and lower arms downward from the el-bows. Then curl the fists upward into the armpits, bending the head backward mean-Fig. 5

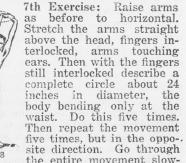
Fig. 5 while until you look up-ward at the ceiling. Take a deep breath as you bend the head back and let it out as you come back to the original position, head erect, arms at

> (B) Then, without resting, extend the arms straight forward from the shoulders, palms down; let the arms begin to fall and the body to bend forward from the waist, head up, eyes to the front, until the body Fig. 6





knees and, with the weight on the toes, lower the body almost to the heels, keeping the trunk as nearly erect as possible. Do this ten times.



ly, and steadily, bending the body in

"The latter, as I remember the life," I answered. "But why this stern shock." impeachment, chere madame?"

"You need not try to gloss it over trance. on the plea of his having spent twen-ty years on a desert island," said she "There are certain things which no honorable man would do if he were to spend fifty years on a desert island." "I quite agree with you." I answer-"In fact, he would be much less ed.

apt to do them."

She bit her lip to keep it from twitching.

"Of course, you artists are bound to defend each other," said she. "But this is really a very serious and painful matter, the more so as Mr. Fiske has known from the first that Suzanne Talbot was engaged to marry my son. Besides, artists who were men of honor have given me to understand that their studios were to be considered in the same light as the consulting-room of a surgeon."

"Some are even more expensive," I said: "but we are not required to take any Hippocratic oath, if that is what you mean

"I don't know what that is, but it is precisely what I mean." she answered. Yesterday morning, Mr. Fiske invited me to drop in and see the portrait, but as I was busy all day, I did not go until this afternoon—" She hesitated.

"Well?" I murmured.

"Well, not to go into details I went there about an hour ago, and as I pushed aside the portieres, I discovered that your fascinating confrere was taking far more interest in his model than in his work. I withdrew unperceived."

Such things will happen," I sigh-

ed. "Poor Elliot!" "Poor rubbish! Poor blind Wade, kissing if you like. The man was kissing

"Hooray!" I exclaimed. "Was she -eh-resisting ?'

"She was not!" snapped Mrs. Smith. "She had her hands on his shoulders and looked as if she were there for the rest of her life."

"Let us hope that she was," I answered, because Wade is not in the least in love with her and has absolutely no desire to marry her. He told me so."

"Oh dear!" sighed Mrs. Smith. "I was afraid something of the sort might happen, and I did so want him to marry her. It would have given him an interest in life."

"He has got one already," I declared. Mrs. Smith raised her eyebrows. "Do you mean the daughter?" she demanded.

"The same. Wade is deeply in love with her, and she is most thoroughly and samely in love with him. told me so. At least, they told each other so in my presence. They want to get married—and why not? Lucia is as pure and fresh, or salty, to be

only came after my pipe. But if you don't mind a friendly suggestion, I would advise shoving the bolt of the door during the rests. Of course, it does not matter so far as I am concerned, but Mrs. Smith looked in here about an hour ago to see the picture.

This brought Suzanne out of her

"Is that really so, Mr. Brown," she asked, "or are you trying to joke?" "I never try to joke," I snapped, "especially on serious matters. When "Is that really so, Mr. Brown," I desire to make a joke, I get away with it. Mrs. Smith started to come in to see the portrait and was much disturbed by what she saw instead. because she had understood that you were engaged to marry her son. have just come from pointing out to her the error.' Suzanne shrugged her pretty shoul-

ders and composedly arranged her

hair. "I am sorry that Mrs. Smith was enough that he wanted me to break the engagement. I should have done so long ago, but I wanted understand that it was his own wish, and that I was not going back on him because of his blindness. How much better it would be, Mr. Brown, if we could all be as honest and direct as

Lucia!" 'Yes," I sighed; "if we could be that way like Lucia. Otherwise, we might make a mess of it."

"Suzanne and I are going to be married, Brown," said Fiske, "and very soon.

I congratuated them warmly, then, being a practical person where others are concerned and having his financial condition in mind, asked him what he meant by "very soon." "Oh, right off," he answered; "thanks to Lucia."

I was about to inquire in what way

Lucia might prove a commercial asset when the girl herself came in, her baby goat at her heels and nuzzling at the feeding bottle which she carried

in her hand. She looked questioning-ly at the pair, then at me. "Have they told you, Mr. Brown?" she asked.

"Yes," I answered; "but I don't quite see how they are going to get married on the disposal of one very mastery portrait, even if they are willing to sell it, which would be a hideous crime. Have you waved your wand again, my fairy princess?" Lucia smiled.

"I waved my pen," said she. "You see, Mr. Brown, when I decided to marry Wade, I told father so and suggested that he marry Suzanne. He told me that I was talking nonsense, as, in the first place, he was not good-looking enough and, in the second, he hadn't any money. This was quite foolish, of course, as next to you and Wade he is the best-looking man I have seen, and I had

thought of a plan for getting some money. It seemed to me that as father was uncle Saltonstall's only neph-(Continued on page 3, Col. 4).

"Give up three hours a week," I re-"Don't let me interrupt," I said, "I plied, "and you won't."

They gave the three hours a week, and they didn't break down; not a man of them. Not only that, but in spite of the strain put upon them, their health, and consequently their capacity for work, increased. They had to do what they had done in ordinary times, only more of it. The test put upon them was the test of ordinaon. ry times increased fifty per cent.

Later, in Washington, the heads of government departments faced the same fear of break-down that I had found among the business men of New Haven. Before these men were piled up mountains of official work: sometimes committee meetings held them from nine in the morning till twelve at night; and, as usual in Washington, may

the summer heat was intense. "We'll break down," they said. "Give me four hours a week, and

you won't," I told them. Among those who enrolled for the exercises that were to keep them fit were the First Assistant Postmaster General; the Secretary of the Interior;

After a few months of gruelling office work in the enervating heat and under the strain of great responsibility, one of them wrote to me. "The first of September finds me physically more fit than I was the first of Ju-Another one said, "My only regret is that in these war times of scarcity of food my appetite has increased almost in the same ratio as the cost of living." And still another declared, "The paunches are contractbenefit must so strengthen and make

ing, the smiles of good health expand-ing, all along the line." The interesting thing in this for the supple the vital muscles, the muscles of the trunk, that the man taking them will, after a while, stand erect average person is that these men did habitually, and because his chest is nothing to keep themselves fit which permanently deepened, take full all of us cannot do, and do every day —ten minutes of setting-up exercise, breaths unconsciously. These exer-cises must make him hold his head a short walk, and a rub-down before erect; because when his head droops breakfast. As for the walk, it can be forward he is beginning to sag. Hol-

taken at any time of the day: and the rub-down is not essential. The exerlows in the back of the neck are a bad sign, because they mean that this sag-ging process has begun. A system of cises, were, I believe, the essential thing. set-ups, to be of benefit, must be bas-Perhaps many of you will say at

once that you, too, have taken settingmental facts. up exercises, and got no such results. Almost every man has, at one time or another, tried some form of exercise. Some go at it spasmodically all through life, and quit each time with both the feeling that they are shirkers. Others give them up in disgust after one trial, and say there's nothing to them.

There is comfort for both classes. The chances are you did not give up because you were a shirker; and the chances are also that there was nothing beneficial in the exercises you took. There is a right and a wrong way of exercising, and it makes all the difference in the world which way you take.

nation started wrong, in our schools, in our gymnasiums, in our special forms of set-up. We started with the wrong theory. We let ourselves be deluded into thinking that the physic-is wrong that the physic-is wrong theory. We let ourselves be deluded into thinking that the physic-is wrong theory. We let ourselves be deluded into thinking that the physic-is wrong theory. We let ourselves be deluded into thinking that the physic-is wrong theory. We let ourselves be deluded into thinking that the physic-is wrong theory. We let ourselves be deluded into thinking that the physic-is wrong theory. We let ourselves be deluded into thinking that the physic-is wrong theory. We let ourselves be deluded into thinking that the physic-is wrong theory. We let ourselves be deluded into thinking that the physic-is wrong theory. We let ourselves be deluded into thinking that the physic-is wrong theory. We let ourselves be deluded into thinking that the physic-is wrong theory. We let ourselves be deluded into thinking that the physic-is wrong theory. We let ourselves be deluded into thinking that the physic-is wrong theory. We let ourselves be deluded into thinking that the physic-is wrong theory. We let ourselves be deluded into thinking that the physic-

ing himself up with his arm muscles. Now the chances are that these muscles do not need exercising, that they are strong enough for anything he may need them for. Yet he goes on erect on hips, and inclined a little for-ward; shoulders square and even; employing them, while the muscles of the trunk, which are the vital mus-cles, and which need the exercise of arms hanging naturally. Each movement should be slow and measured; helping him get up, are not called upguard against a tendency to hurry, or to be careless. The three prelimina-

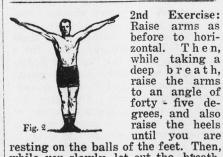
The result of this neglect is soon ry exercises are very simple: First, apparent. The man grows shorter as raise the arms to a horizontal posihe grows older, because he stoops for- tion, then straight above the head: ward; and he stoops forward because slowly lower them again. Second, the muscles of his trunk are not strong enough to hold him erect. Conraise the arms and, forcing the elbows back, place the hands on the hips; sequently he sags; the sagging com-presses chest and stomach; indigesthen lower them to the sides. Third, raise the arms once more and, again tion results with all its consequences. forcing back the elbows, touch the finger tips at the back of the neck. The man is old before his time. He be a farmer or laboring man Repeat each of these movements sevwith powerful arm and leg muscles. eral times.

In fact, this type of man frequently Proceed with the other exercises as gives down first, as we all know. What he needs is a trunk so strengthfollows:

ened, a chest so expanded, that he will, without effort, hold himself erect. I say without effort, because we cannot be thinking all the time of our physical well-being. In fact, that is a pretty good way to avoid having physical well-being. Probably you have been told to stand every morning in front of an open window, take deep breaths, and then to remember all through the day to continue them. That's all right as long as you are standing in front of the window. But when you get to your desk you forget the deep breaths you had intended to

take. You cannot think of business and deep breathing at the same time, and do justice to both. A given by the same time, and do justice to both. A given by the same time, and do justice to both. A given by the same time, and do justice to both. A given by the same time, and do justice to both. A given by the same time, and do justice to both. A given by the same time, and do justice to both. A given by the same time, and do justice to both. A given by the same time, and do justice to both. A given by the same time, and do justice to both. A given by the same time, and do justice to both. A given by the same time, and do justice to both. A given by the same time, and do justice to both. A given by the same time, a given by the same time Consequently any system of set-ting-up exercise that is to be of real do another ten of them. See Fig. 1.

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while you slowly let out the breath, come back to the original position, ed on a realization of these fundafeet flat on the floor, arms horizontal. The system given further on is the Be careful not to raise the arms more than forty-five degrees, or return them to below horizontal. Do this ten times. See Fig. 2.

forced

back.

stood before the class and regulated and timed the movements. For ease in remembering, the twelve exercises are divided into four groups of three each and are named: the first group, Hands, Hips, Head; the second; Grind Grate, Grasp; the third, Crawl, Curl Crouch; the fourth Wave, Weave Wing. The leader calls out these signals, then counts, one, two, three, four. But in the adaptation to the

individual which follows, the names of the groups are omitted, as are the



(B) While in this posi-tion, bend the body from the waist, so that the right arm goes down until the right fingers touch the floor midway between the feet, and the left arm goes up. The right knee must be slightly bent to accomplish this. Reverse the movement, moving the left foot

horizontal po-Fig. 10 until the heels are 12 sition: turn the palms upinches apart, and turning the body to ward and the right this time until the left hand force the points straight forward, then bending arms back as downward until the fingers of the left far as possi- hand touch the floor. Return each Fig. 1 ble; while in time to the original position, body this position, count slowly from one erect, arms horizontal. After you to ten, and at each count describe a have mastered the exercise, you can complete circle about 12 inches in di- go through it (A and B), and in one

times. See Fig. 10.

9th Exercise: Raise arms to horizontal; then upward until they are straight overhead; then let them fall forward and downward, while the body bends forward from the waist, and the arms have passed the sides, and been forced upward and backward as far as possible, just as in Exercise 5, Fig. 6. Remember, as you bend forward, to keep the head up, and the eyes to the front. Straighten the body Fig. 11

to upright, with the arms overhead. Then lower the arms to the horizontal position, with the palms turned upward, and the arms and shoulders forced hard back. Then raise arms

upward and begin the movement again. Repeat this entire movement slowly five times, forcing the air out of the lungs as the body bends forizontal. Place hands ward, and filling the lungs again as behind the neck, index the body straightens. See Fig. 11.

**Double Acting.** 

bend the body slowly Two failures were sitting on a forward from the "I tell you." bench on the common. said one, "a man must have money waist as far as possi-

ble. Return to upright position, and hend backward. Do not make these "That works both ways," said the

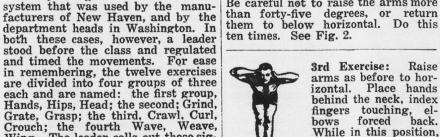


Fig. S