

## A FOUR HUNDRED OF LADIES WHO ARE DEVOTED TO PHYSICAL CULTURE.

A Glimpse at the Well-Appointed Club-rooms, at the Girls Who are Training and at the Distinguished People Who Look On and Approve of the New "Fad."

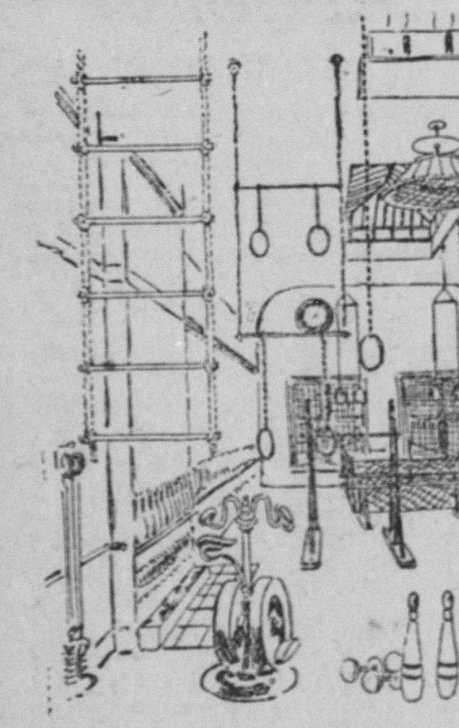
The well-built man, woman, boy or girl is acknowledged by every intelligent person of to-day as on the increase. Why? Simply because the development of the body is now



THE BERKELEY INSTITUTE.

recognized as one of the most important branches of education. The aim of every school is to have a department of physical training where the students can secure for themselves the best health, strength and endurance possible, and the importance of such physical development is thoroughly appreciated now as an essential part of complete school discipline.

The Berkeley Ladies' Athletic Club, of 23 West 44th street, New York City, is a striking illustration of the



IN THE WOMAN'S GYMNASIUM.

advancement that the study of physical culture and athletic sports have made upon the young ladies of this city. It is a new departure in the physical training of women, and the completeness of the appointments of the building and the great variety and perfection in its apparatus present an establishment equal to that of the best athletic club building for men.

The parlor, decorated in old gold and blue, is on the ground floor. Here also are the offices of the director and secretary. Three bowling alleys are in the front basement; these measure the regulation width and length. A plunge bath is in the rear. This is lined with white and blue tiles, the walls and ceilings being decorated in the same manner. A series of dressing rooms, needle baths and a large swimming bath complete the floor.

Private bathrooms, with separate dressing alcoves, lockers and needle tub baths, occupy two floors; then comes the gymnasium, the favorite hall in the club building. It is 100 by 50 feet, provided with a noiseless running track, with a gallery nine feet above the floor. Up a short flight of stairs, opening adjacent to the running track, is a smaller gymnasium used for individual work. The appliances used for instruction consist principally in sets of light chest-weights, rowing weights, Indian clubs, dumbbells and French barbells. The apparatus is attached to the walls or suspended from trusses, leaving space clear for classwork and marching exercises. The beauty of the apparatus is in its nickel platings and noiseless workings.

In the use of fells our ladies are becoming experts, and only by attending some of the private parties that rent the bowling alleys for evening games can one thoroughly appreciate the skill with which the diamond-fingered fingers of our city belles play the game.

Classes began Oct. 1, and as the ladies return from the country they make their appearance at the club. The membership is limited to 400 (but not to "the" Four Hundred), and a candidate for admission must be at least 16 years old, the admission fee being \$15 and the annual dues \$40. The management of the club is intrusted to a board of ten governors.

On the second and last Friday of every month friends are admitted by card, and from a balcony built purposely for their accommodation they can watch the exercises in the gymnasium.

I do! It is simply wonderful. I have an appetite that is greatly alarming my mother, it is so ravenous. I feel so cheerful after a day spent here that grandmother calls me giddy. I sleep like a top and awake so refreshed every morning. My lungs are strong—listen! and she hallowed at the top of her voice for example, "Look at my arm—and just wait six months—I'll have it twice as hard. I am straight, too, and don't feel half so awkward as I did a year ago, when I first came."

"However exaggerated these effects may appear to those who pay no attention to the subject of athletic sports and physical culture," said a looker-on, who was an able doctor, "one cannot help thinking or being convinced that if the same plans which are now pursued with the view of fitting individuals for the demoralizing exhibition of brute force were more generally adopted as a means of improving the health and vigor of the constitution, the people would be in a great measure emancipated from physical suffering, and the full possession of active powers would be prolonged far beyond what is now esteemed the bounds of human life."

### To Shame Drunkards.

It appears from a statement in a Russian newspaper that General Wahl, the Governor of St. Petersburg, has devised a new method of shaming the tipplers of the Muscovite capital into sobriety. In order to encourage the spread of temperance the General has issued a peremptory order that the names and addresses of all people, whatever may be their rank or sex, found in the streets in a disorderly or intoxicated condition, shall be printed on large posters and publicly displayed at certain points of the city and also published in the Official Gazette. General Wahl's procedure is only a modification of a system put in force some fifty years since by one of his predecessors in office.

Drunk and disorderly cases, whether they belonged to the upper or the lower classes, were compelled, under the supervision of the gendarmes armed with stout canes, to sweep the streets for a certain number of hours every morning, and the moujiks, whether male or female, were subsequently taken to the police station and regaled with a copious dose of birch. There is a curious engraving representing these involuntary scavengers at work in a book entitled "Les Mysteres de la Russie," by M. Fredic Loecroix.—[London Standard.]

### Children's Festival in Japan.

In the article, From my Japanese Dairy, by Lafcadio Hearn, in the Atlantic, is this reference to the children's festival of Japan: "The third visit was that of a deputation of children asking for some help to celebrate fittingly the festival of Jizo, who has a shrine on the other side of the street, exactly opposite my house. I was very glad to contribute to their fund, for I love the gentle god, and I knew the festival would be delightful. Early next morning I saw that the shrine had already been decked with flowers and votive lanterns. A new bib had been put about Jizo's neck, and a Buddhist repast set before him. Later on carpenters constructed a dancing platform in the temple court for the children to dance upon, and before sundown the toy sellers had erected and stocked a small street of booths inside the precincts. After dark I went out into a great glory of lantern fires to see the children dance, and I found perched before my gate an enormous dragonfly more than three feet long. It was a token of the children's gratitude for the little help I had given them—a kazari, a decoration. I was startled for the moment by the realism of the thing, but upon close examination I discovered that the body was a pine branch wrapped with colored paper, the four wings were four fire-shovels, and the gleaming head was a little teapot. The whole was lighted by a candle so placed as to make extraordinary shadows, which formed part of the design. It was a wonderful instance of art sense working without a speck of artistic material, yet it was all the labor of a poor little child only eight years old!"

### WOR FOR COMING GENERATIONS.

Tommy—What you cryin' about, crybaby?

Jimmy—Aw! You'd cry, too, if your pants was made outer yer sister's old bicycle bloomers.—[Cincinnati Tribune.]

## FOOTBALL.

### QUEER DEVICES WORN BY PLAYERS.

"Harness" Used to Guard Against Injury—Origin of the Canvas Jacket—Interest in the Game. Anybody who goes to a big football match nowadays will marvel at the "harness" and "armor" worn by the players. Twenty years ago canvas, molaskins, nose masks, and shin guards were unknown to the young men who rushed, kicked and tackled. In those days a common long-sleeved jersey, an ordinary pair of long trousers, heavy walking shoes, ank a skull cap made a football uniform complete. But the rough tackling caused many a jersey to be torn to shreds. It was in 1876, according to Mr. Tracy Harris—the famous ex-Princeton player—that a student at the Jersey college by the name of Lightfoot, N. J., and was alleged to have run a hundred yards down hill in 9.1-15 seconds, presented himself as a candidate for three-quarter back on the Princeton eleven. Smock's jersey was torn repeatedly, so that he concluded to find some remedy for the evil. Accordingly he made a sort of jacket out of canvas. It laced up the back like corsets, and Smock required the assistance of a friend to get into the thing. When he appeared upon the field he was the laughing stock of the students. He was gazed unmercifully and ridiculed by everybody who saw him. But Mr. Smock had nothing to say. He just waited for the game to begin, and the moment he got the ball he dashed right in among his opponents. Tackling in those times was high, and, of course, sundry wild grabs were made for Smock's neck and shoulders. But he slipped through the grasp of every one. Several players lost their finger nails in their efforts to stop the wearer of the improvised canvas jacket. As the game progressed it dawned upon the players that Smock had invented something worth thinking about, and it was only a few weeks afterward that home-made canvas jackets were worn by several players. A year after that canvas became popular in all the big colleges and schools, although many players continued to wear jerseys only. Trenchard, captain of the Princeton to-day, never wears canvas. It was the custom to wear flannel knickerbockers along about 1880, but canvas trousers without padding came into use shortly afterward. The heavily padded molaskin trousers did not make their appearance until about 1886, but they instantly became popular and are universally worn now. Cowan, of Princeton, was the first player to wear shin guards. In a scrimmage he was badly kicked on the shin and he had improvised a guard for each leg. It was made of tin and proved quite serviceable. But in 1887 the sporting goods dealers began to make guards that resembled cricket greaves. Most players, especially those holding places in the rush line, wear them nowadays.

As a protection for the face a sort of rubber mouthpiece, such as baseball catchers used to wear before the mask was invented, was used by many players in 1880 and succeeding years. But in 1889, at Springfield, John Cranston, of Harvard, appeared with a device that startled the on-lookers. It was a small wire mask that covered his nose and mouth, and was strapped on his face by a rubber band that encircled his head. In every scrimmage that Cranston took part in this wire arrangement was always sure to cut somebody. Cranston made no bones of running into other players, head on, without suffering injury to himself. This wire mask gave Capt. Cummock an idea, and he imparted it to John Morrill, the ex-baseball player. Morrill, after trying several schemes, invented a rubber nose mask, which is worn by players all over the country. When one of these masks has been strapped on to a man's face, it is a question of which is the more beautiful, the man or a gorilla. In the last two or three years players have been wearing all sorts of devices to prevent injury. Pads to be worn over the ears, helmets to protect the scalp, supports for the abdomen are among the principal things donned before going upon the field.

Last year the Harvard eleven went a bit further than the other colleges in the way of uniforming themselves, for the men suddenly burst into view wearing those celebrated leather suits, the bill for which caused such controversy between the members of the team and Financial Manager White. But the new attire was not a howling success, and the chances are that the Harvard players will return to the time-honored canvas togethers this season. The adoption of all these new fangled things, however, convinces us of one thing. The game in the past five years, not including this season, has grown dangerous. The flying wedge and mass plays, invented by Lorin F. Deland, and introduced by Harvard a few years ago at Springfield, served to increase the chances for injury. In fact, there never were so many accidents as marked the games of a year ago, so that the public demand for a change in the rules led to the appointment of Messrs. Walter Camp, of Yale; W. A. Brooks, of Harvard; Alex. Moffatt, of Princeton; John C. Bell, of the University of Pennsylvania, and P. J. Dashiell, of Lehigh, as a committee to draw up new rules to govern the game. That they did their work conscientiously and well is evidenced by the increasing popularity of the sport and the remark-

ably small list of injuries so far this season. The interest in the game is spreading every day. This is proven by the increasing strength of such teams as those representing Cornell, Lehigh and the University of Virginia. The University of Pennsylvania has also improved. The game as played in all of the big preparatory institutions and in all of our public and private schools gives proof that it has a firm hold upon the younger element, who, as they grow up, will enter the higher institutions of learning as full-fledged football players.—[New York Sun.]

### STRENGTH OF THE SWAN.

#### A Blow of Its Wing Sufficient to Break a Man's Leg.

We all know the tradition about the power of a swan's wing—that its blow would break a man's leg. I questioned a man who has much to do with swans about the credibility of the tale, and he told me that he, for one, was ready to believe it, and thought that any other man who had received such a blow from a swan's wing as he had suffered would be likely to believe it also. He was summoned from his cottage by the news that one of the cygnets was in trouble. A boy had been amusing himself with the elegant sport of giving the cygnets meat attached to a long string. When the cygnet had swallowed the meat well done the boy would pull it up again by means of the string. It was great fun for the boy, and the cygnet was unable to express its feelings intelligibly. On the occasion in question, however, the lump of meat stuck. It would not come out, and the boy, fearing consequences, had let slip the string and bolted. The cygnet did its best with the string by swallowing several yards of it, but began to choke before it got to the end. At this juncture my friend was summoned to its aid, and simultaneously, as it appeared, the stately parent of the cygnet, that was swimming on the pond close by, perceived that something was amiss with its offspring. It swam to the bank and commenced making its way to the young one's assistance. But the swan's method of progression on land is as awkward and slow as on the water. It is graceful and swift. The swan herd was the first to reach the cygnet, and, soon seeing the trouble, had calculated to remove it before the parent came up with him. But his calculations had underrated the length of the string or the pedestrian speed of the swan. Just as he had succeeded in extricating the lump of meat from the gullet of the distressed youngster the old bird caught him a blow with its wing on that part of the person which is most exposed to attack when a man is stooping and the onset is made from behind. He was knocked over on his face, and, continuing the impetus received from the swan by scuttling over the grass on his hands and knees, was able to escape from the bird's fury, which was soon transferred to solicitude for its little one. But the blow had been sufficiently powerful to make the sitting posture uninviting for several days and to incline him to give credence to any legend about the strength of a swan's wing.

### Early Use of Sugar.

The sugar cane and its uses have been known in India, its native home, from time immemorial. It is, perhaps the earliest source from which sugar was produced, and all other modes of manufacture have been borrowed from and based on it. The early classical writers knew sugar vaguely as "honey of canes." To the Greco-Roman world the sugar cane was the reed which the swartly Indians delighted to chew, and from which they extracted a mysterious sweetmeat.

It was the Arabs—those great carriers between the East and the West—who introduced the cane in the Middle Ages into Egypt, Sicily and the south of Spain, where it flourished abundantly until West Indian slavery drove it out of the field for a time and sent the trade in sugar to Jamaica and Cuba. Naturally you can afford to undersell your neighbors when you decline to pay any wages to your laborers. Egyptian sugar was carried to London in Plantagenet times by the Venetian fleet, where it was exchanged for wool, the staple product of mediæval England.

### A New Material.

Wood-stone, or oxylith, is a manufactured material that is believed to have very many uses. It is made of calcined magnesite and fine sawdust, and treated with chemicals. When first mixed, and before the paste has had time to set, it is made into sheets and put under a pressure of one thousand pounds to the square inch. It is saturated with linseed oil and dried, thus making it more impervious to moisture. It is used as a building material, and bears a pressure of three hundred pounds to the square inch. It is made in sheets from one-quarter of an inch to an inch and a half in thickness. As a flooring material it is very highly spoken of.

## THE JOKER'S BUDGET.

### JESTS AND YARNS BY FUNNY MEN OF THE TIMES.

Described--One Who Got Left--She Was Proficient--A Philanthropist--Seasonable Aid--Eto., Eto.

#### ONE WHO GOT LEFT.

He--If I'd known that tunnel was so long I'd have kissed you.

She--Gracious, didn't you? Somebody did.—[Great Divide.]

#### SHE WAS PROFICIENT.

"The hardest thing to acquire, miss," said the dramatic teacher, "is the art of laughing naturally, without apparent effort."

"Oh, I've got that down fine," said the would-be soubrette. "I type-wrote for three years for a man who was always telling me funny stories about his little boy."—[Indianapolis Journal.]

#### A PHILANTHROPIST.

"Excuse me," said Meandering Mike, as he peeped at the kitchen door, "but he've ye got any work ye want done in exchange fur cold vittles?"

"Yes," was the prompt reply. "All right," was the reply, as he turned away, "good day."

"What made you ask the question?"

"Why, sometimes I meets men that wants ter work for cold vittles, an' I'm so kind-hearted that I like ter be able ter tell 'em whur they kin be accommodated."—[Washington Star.]

#### SEASONABLE AID.

"I would like to make your last hours comfortable," remarked the Humorous Man to the Thanksgiving Turkey; "what can I do for you?"

"Thanks, awfully," answered the Thanksgiving Turkey; "if you will furnish the chestnuts, I'll do the rest."—[Detroit Free Press.]

#### SWEET TEMPERED.

Marie--What do you think of my new gown?

Maude--Lovely! It reminds me exactly of one I gave to our housemaid last week.

#### ONLY A MOMENTARY ALARM.

"You remind me," said he, "of the girl in the fairy story, whose mouth dropped beautiful pearls every time she spoke."

Conclusively she clutched her roseate lips.

Then she sighed a sigh of relief. It was a false alarm. There was no malice in his remark. Her teeth had not fallen down.—[Cincinnati Tribune.]

#### ACCOUNTING FOR HIS DISAPPEARANCE.

"What has become of your living skeleton?"

"Buried yesterday."

"Dear me! His demise was sudden?"

"Yes. You see, he fell in love with the female Samson."

"Yes."

"She didn't like his attentions."

"Well?"

"She shook him."—[New York Press.]

#### IMMEDIATELY PRACTICABLE.

"What we want to do," exclaimed the long-haired orator, "is to widen the sphere of woman's work!"

"Then give us bigger kitchens," spoke up a sharp-featured woman in the audience.—[Chicago Tribune.]

#### UNITED EFFORT.

"Yes, we preserved a lot of fruit this summer," said Mr. Wickwire to the visitor.

"We?" said Mrs. Wickwire, in surprise. "I did every bit of the work myself."

"Yes, you cooked and canned the fruit, my dear, but you must not forget that I had to put up the sugar."—[Indianapolis Journal.]

#### HAS HIS SAY.

Mrs. Secondyear--And yet you used to tell me that you loved me better than life?

Mr. S.--Yes; but, undoubtedly, I referred to the life I have led since marriage.—[Boston Transcript.]

#### VERY SERIOUS.

Mrs. Hillife--You seem to be duller than usual this evening, Mr. Verisopht.

#### VERISOPHT--YAAS?

Mrs. Hillife--Nothing serious, I hope.

Verisopht--I'm wather afraid it is. My man thinks I'm in love, don'tcherknow?

#### HIS PETITION.

A well-known resident of Woodward avenue told a friend of mine a sorrowful tale yesterday.

"Your paper has been printing an article," he said, "on the ideal husband. My wife has been studying it until she has it by heart. She keeps reminding me wherein I fall short of the ideal standard. There is a way to get even and I hope it will be adopted."

"And that is?"

"Get up an article on 'The Ideal Wife,' so that men in my position may retaliate."—[Detroit Tribune.]

#### DISTINCTIONS IN COOKS.

Mrs. Taddells--My present cook is more literary than my last.

Mrs. Wilkes--How do her literary tastes display themselves?

Mrs. Taddells--She takes no notice of policemen, but does all her larder making with the letter carriers.—[Puck.]

## Good Reason.

An exchange reports the sarcastic saying of a master of elocution who was instructing an unusually dull pupil.

"When you have finished your lecture," said the teacher, "bow gracefully and leave the platform on tiptoe."

The pupil was very dull, but not so very dull as not to feel surprised at this last remark.

"On tiptoe?" he said.

"Yes," answered the teacher, "so as not to wake the audience."

## Timely Advice.

An item coming from Seventh-Day Adventist sources says, "Pay your debts and prepare for the coming of Gabriel's horn;" and this moves the East Oregonian to remark that: "It seems to us that if that horn is going to toot it would be effort and time wasted to pay one's debts. However, the advice, 'Pay your debts,' is timely, whether the horn toots or

## 'Twould Kill a Modern Man.

A Roman soldier, in marching order, carried sixty pounds of weight and was expected to march four miles an hour for six hours a day.

## Tired, Weak, Nervous

"I was troubled with that tired and all gone feeling, had no appetite, had a cough and asthmatic symptoms. I have been troubled thus some thirteen years and had to

Give Up All Work three years ago. Last spring I commenced taking Hood's Sarsaparilla and felt better from the first. My appetite returned

Mr. Frank Charon and my cough left me. I have used half a dozen bottles and am a well man. I should have written this statement before but wanted to wait until after cold weather had settled with us and see if any symptoms of my trouble returned. But not so, for I am now in the best of health. I am 64 years of age, and doing a full day's work at blacksmithing. Hood's

Hood's Sarsaparilla cured my complaint and gave me renewed health." FRANK CHARON, Claremont, N. H. Get only Hood's.

Hood's Pills cure indigestion, sick headache, indigestion, biliousness. Sold by all druggists.

## Your Poor Tired Husband.

He has worked hard all week. Let him sleep late Sunday morning, then treat him to a breakfast of

## Hecker's Buckwheat Cakes.

WE WILL MAIL POSTPAID a fine Food Picture, entitled "MEDITATION" in exchange for 15 Large Lion Cakes, cut from Lion Cakes wrapper, and a 2-cent stamp to pay postage. Write for list of our other fine premiums, including books, a knife, game, etc. WOODRICH BROS. CO., 60 Huron St., Toledo, Ohio.

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