EXERCISE FOR BABY.

A PHYSICIAN'S VIEWS ON THIS VERY IMPORTANT QUESTION.

Influence of Repressed Activity on Growth and Development of Infants. This Authority Declares Positively For Freedom of Movement.

"Infantile Athletics" was the subject of a paper read at a meeting of the section on pediatrics of the New York Academy of Medicine by Dr. Henry Ling Taylor.

"When one considers the important physiological effects of muscular activity." said Dr. Taylor, "it is apparent that the human organism is imperfectly adapted to a sluggish or sedentary existence. Medical practice, at least in the cities, is largely made up of disorders which are distinctly traceable to the neglect of proper exercise. Primitive man, being obliged to hunt and fight in order to exist, was of necessity athletic, and now that the struggle has in a measure been shifted from brawn to brain, men still find it advantageous to train their muscles in sports and games. When the important relation of muscular activity to nutrition, respiration, circulation and elimination is recalled, this wholesome instinct easily finds its vindication. Every muscular mass is in an important sense a supplementary heart and a supplementary kidney. The lungs are never thoroughly ventilated, except through vigorous exercise. Moreover, the nervous and muscular elements are so intimately related as to form practically but one system. Education and progress come through motor and sensory experiencethat is, largely through muscular activity. Growth itself is influenced by exer- Press. C'INT.

"Dr. H. G. Bever of the United States Navai academy has shown that not only do those cadets who take systemati gymnastic training largely exceed those who do not in average gain in weight, lung capacity and strength, but that their average gain in height during the four years is greater by over an inch. The cadets range in age from 16 to 21 years, and it is probable that appropriato exercise would have similar if not greater effect in children.

'It is even more true of the infant than of the adult that the kind and de gree of habitual muscular activity will argely determine the structure of the body and the tone of the mind and character. It is more true because the infaut is more incomplete and more plastic. The newborn babe is, as it were, but half made. Its organs are immature, its activities restricted, and they will never attain full and harmonions development except under the stimulus of use. It is not without significance that exercise is begun five months or more before birth, and that the infant appears upon the scene with a kick and a cry. Though among the most helpless of nature's children, the infant comes with considerable training and some remarkable muscular endowments, as, for made them acceptable to the palate, instance, the well known ability to supbut he has not eliminated their harmful port itself by grasping a horizontal rod. In waking hours the small limbs practice constant and vigorous movements, superficially aimed, but important in producing tissue changes fundamental composer Brahms treated planists and to notrition, as well as in furnishing sensory and motor experience necessary to mental and bodily growth, develop- favor was fortunate enough to find him ment and power. "At 3 months of age the baby finds | concern was to seat himself on the lid its hands and begins to reach out for of his piano, a position from which he and hold objects; at 8 or 9 months it rightly deemed few would have the teprogresses from simple to complex pur- had recourse to the statement that the posive movements and to such adjust- instrument was out of tune. "Oh, that ments as put it in more comfortable and does not matter," remarked one courintimate relation with its surroundings. ageous individual. "Perhaps not to you, "Since the infant has such ample en- but it does to me," replied the master. dowments and spontaneous impulses to | On one occasion he was just leaving | proof, I think." wholesome activity, our first and most his house when a long haired youth, important care must be to avoid undue with a bundle of music under his arm, hailed him with, "Can you tell me interference or repression. It is interesting to observe what pains some uncivi- where Dr. Brahms lives?" "Certainly," lized mothers take that the wrappings answered the master in the most amia and appliances needful to protect the ble menner, "in this house, up three haby shall not prevent freedom of move- flights." And so saying he hurried away. ment. In describing Indian infancy and the use of the portable cradle Mrs. Fletcher says: 'It is a mistaken notion time. Every day the baby is bathed simply a part of his nature. God gave and placed on a robe or blanket to kick | it to him. Almost by intuition it may and crow to its heart's content, but be said that he knew what should be when the family cares call the mother | done in an emergency. Some men have | away he is put into the cradle, with his to study very hard in order to learn a arms free to play with the many bright | certain thing; others will learn it easily bends that hang from the hook which and naturally. Grant could go on the encircles the head of this little portable | field and post a line of battle in 20 | he had been led. minutes, while another military man "What a refreshing contrast to the who had been a hard student might insipid experiences of our overdraped, | take a day or two to do the same thing. overcoddled youngsters. Still, rough ex- I regard General Grant as one of the ercises are not required for civilized ba- best all around soldiers that ever lived. bies. They will attend to their own -General Longstreet in New York Ingymnastics, if not prevented. It is evi- dependent. dont that the movements of the trunk and limbs should not be impeded with wrappings. Baby's activity should have free play. At the start we are confronted with the conventional bellyband; if tightly adjusted, it must exert injurious pressure; if too loosely adjusted, it gets displaced and rolls into a contracting string. When adjusted with a proper degree of snugness, it may be innocuous, but do its benefits outweigh its disadvantages? The clothing should be script. loose and simple, fitting in successive layers, so that all can be put on at once. When it comes to artificial exercises for the baby, there are few prevalent among us that seem calculated to help him. Monotonous jarring, shaking and trotting are undesirable, if not harmful. When the idea is once grasped that a good, bearty cry is an admirable chest expander, there is less temptation to this form of parental indulgence, for it will usually be found that the haby is the honey with their butter. This gives had lost his way more than once, his trotted for the sake of the trotter rather than for its own Poevishness is of course undesirable. If due to indigestion or other thysical ailments, the baby should be treated; if complicated by overindulgence, the treatment should be tempered with discipline which should not stop with the child."

Some Lawyers' Stortes.

"The most thrilling incident I ever aw in a courtroom," remarked a westrn attorney the other day, "was southern Kansas. The senior lawyer of the county bar was a distinguished looking and courteous gentleman 'of the ence of General Sheridan:

cld school,' who had little patience with the joking always going on during court recess. He was exceedingly nearsighted, but had a habit of laying his plasses on the table during his speeches

o the jury. One day, as his back was turned toward the other lawyers, one of them picked up the glasses, and with a bit of mucilage fastened to the lenses pieces of tissue paper which exactly cov-

ered the glass-not particularly notice able, but at the same time preventing vision through them. Soon the owner of the glasses came back to the table to some papers for reference in his address. He put on the glasses, looked at the paper, adjusted them but in vain. again-and then a pallor overspread his face that was pitiful to see. He staggered to a chair.

" 'My God, gentlemen, I am blind I have feared it for years,' he exclaimed, and dropped his head on his hands. "For an instant the courtroom was hushed. Even the practical joker must have felt remorse at the evident suffering of his victim. Before any one could speak or the sheriff rap for order the attorney lifted his head, took off the glasses and had his sight again. His face flushed as he rubbed the tissue paper from the lenses, and he stood up, an

angry and excited man. 'If I knew who did that dastardly trick, if I knew who had brought that minute of grief to me,' he broke out, 'I swear I would kill him.' He left the controom, and the judge adjourned the session for the day. I never want any

more practical joking."-Detroit Free

Fruit as Food. A Chicago physician is responsible fer revolutionary theories in regard to fruits. He undertakes to prove the practical worthlessness as food of all cultivated varieties. Hyper acid fruits, such as the lemon, shaddock, orange, apple and cherry, he asserts, should never be eaten. Subacid fruits, such as the grape, pear and peach, may be eaten, but with extreme caution. Sweet fruits, like the fig. banana and date, he unqualifiedly commends, as they are simnly wild fruits and have not been

> or flavor by man. On the other hand, the fruits he condemns, he says, are forced or abnormal variations, as is shown when cultivated and afterward allowed to run wild. They immediately retrograde and assume the sour and une. nedible qualities originally inherent in them. Man, he claims, has not been able to make a proper food of them. They are unnatural combinations of fruit elements, and are frequently prone to cause digestive disturbances when taken into the stonmch. By forcing seedlings, grafting and assiduously cultivating under artificial conditions man has modified the progenitors of

qualities. Stories of Brahms.

Big isit of a Birthday.

Grading and Seeding.

been. Some one in passing told me I need not waste seed on the clay, for it

would not sprout peas, but I seeded it

to grass and oats, and to my surprise

the oats were twice as tall and better

filled in the road than elsewhere. From

To Prevent Fruit Rot.

spray with bordeaux mixture and

again just before the blossoms open.

- .

Evidence of Success.

Sheridan's First Ride. The following story was told by the The following charming story is told of the late Robert Louis Stereson. He Rev. T. J. Headley, historian and biographer of many of the heroes of the was visiting a friend, afterwards consul war, in regard to a babyhood experi- to Samoa, in Northern Vermont. This gentleman had a little daughter about At five years of age he was playing 11 years old who very speedily became near his home when some lads came a devoted friend of the novelist. In along and amused themselves with the pouring forth her joys and sorrows in

wide awake boy. A horse was feeding existence she confided to Mr. Stevenson the woful fact that she was born in an adjacent lot. "Phil, would you like a ride?" they on the 29th of February, and therefore had enjoyed only two birthdays in all said to him

her 11 years. The poet sympathized "Yes. Give me one." In a few moments the boy was on the not only in comforting words, but also animal's back. The sudden and un- in action. He meditated for a few ceremonious mounting of the young ri- moments, then went to her writing

der startled the sized, and away he desk and drew up the following document. "I, Robert Louis Stevenson, in a sound state of mind and body, hav-"Whon! Whon!" shouted the lads, ing arrived at that age when I no long-

er have any use for birthdays, do give Over the fence the animal sprang, and bequeath my birthday, the 13th of and once on the highway it was a John November, to Miss Adelaide, to be hers Gilpin performance. Phil clung to the from this year as long as she wishes mane, while the sobered authors of the it.-Robert Louis Stevenson." The race turned pale with apprehension of little girl's delight at this rare and a tragic end to it, expecting to see him

dashed to the earth and killed. But out of sight vanished both steed and regularly once a year for several years Farm Journal. rider, and miles soon intervened bepast, and now the anniversary will be doubly treasured. tween the two parties. Suddenly the borse turned into the

shed of a tavern, where its owner had recently stopped in his travels. Men Across my yard in years past there had been a road. Wishing to level the

came out, and, recognizing the horse, questioned the boy. One of the curious vard and seed to blue grass, I cultimpany, after securing the foaming vated it two summers, then filled the animal, which had neither saddle not road with clay taken from a cellar I bridle, inquired of the unterrified was having dug, making more than a Phil foot of loose soil where the road had

"Who taught you to ride?" "Nobody," answered the boy. "Did no one teach you to sit horse?" asked another.

"Oh, yes. Bill Seymour told me hold on with my knees, and I did." "Wasn't you frightened?"

this I learn that to do successful farm-"Nary a bit. I wanted to go farther, ing the subscil must be loosened inbut the horse wouldn't go." stead of scraping the surface of the "Ain't you sore?" ground; also that clay is not worth-

"Kinder, but I'll be better tomorrow. less.-Mrs. J. A. Kirkman, in Practiand then I'll ride back home." cal Farmer. "That boy," said the questioner

has pluck enough to be an Indian hunter. hanged from their natural conditions The owner of the nag turned up not Where fruit rot has attacked the ong afterward, in search of his proppeach crop, the best method is to reerty. He said that the animal was move and burn all dried or mummifivicious and had thrown more than one ed fruit from the trees in winter and experienced horseman .-- N. Y. Tribspray early in spring with bluestone. When the fruit buds begin to swell,

A Bank Incident.

Repeat the spraying when the blos-A well known contractor walked sons are falling, adding a little paris into a bank in this city the other day green to keep off the curculio. Two to cash a check for \$40. The paying weeks later spray again. As the borteller looked at the check for a few deaux mixture coats the fruit with the minutes, then counted out \$400 and lime mixture, use copper acetate, a colhanded it to the contractor, who aloriess solution, for the last two sprayour present domestic fruits, he has though he noticed the error, said not a ings. In Delaware, a tenfold increase word, but rolled up the bills, and wadof sound fruit has been obtained by this ded them down in his pocket. This process at a cost of about 12c per tree. happened in the morning, and about

2 o'clock that same afternoon, before Many stories are told of how the late the officials of the bank had an oppor-

Grafting Grapes.

wild ones. They grow just as well, or

After serious illness Hood's Sarsa-

parilla has wonderful building up pow-

er. It purifies the blood and restores

Paste This in Your Hat.

is incurred for as to its wisdom. It is stitution.

perfect health.

A Georgia man was arraigned for Cultivated grapes are often grafted on beating his wife. "What have you to say for your better than when on some other culti-

Couldn't Keep up With 'Em.

vated one, the wild ones usually being self?" asked the Judge. "Kin I speak out, Jedge?" more vigorous. The grafting is done early in spring, before the buds start. "Yes. What have you to say?" The scion is inserted just below the "Jedge, yer Honor, I want to say jest this: I never did have no trouble surface of the ground. The superfluous shoots should be cut away from bearwith none er my wives, 'cept this one. My fust wife was an angel, my second ing grapes, and the shoots that are bearing bunches should be shortened one came mighty near bein' one, my into two leaves above the bunch. Better | third was willin' an' reasonable, my sized berries result.-Practical Farmer. fo'th wuz moderate, my-"

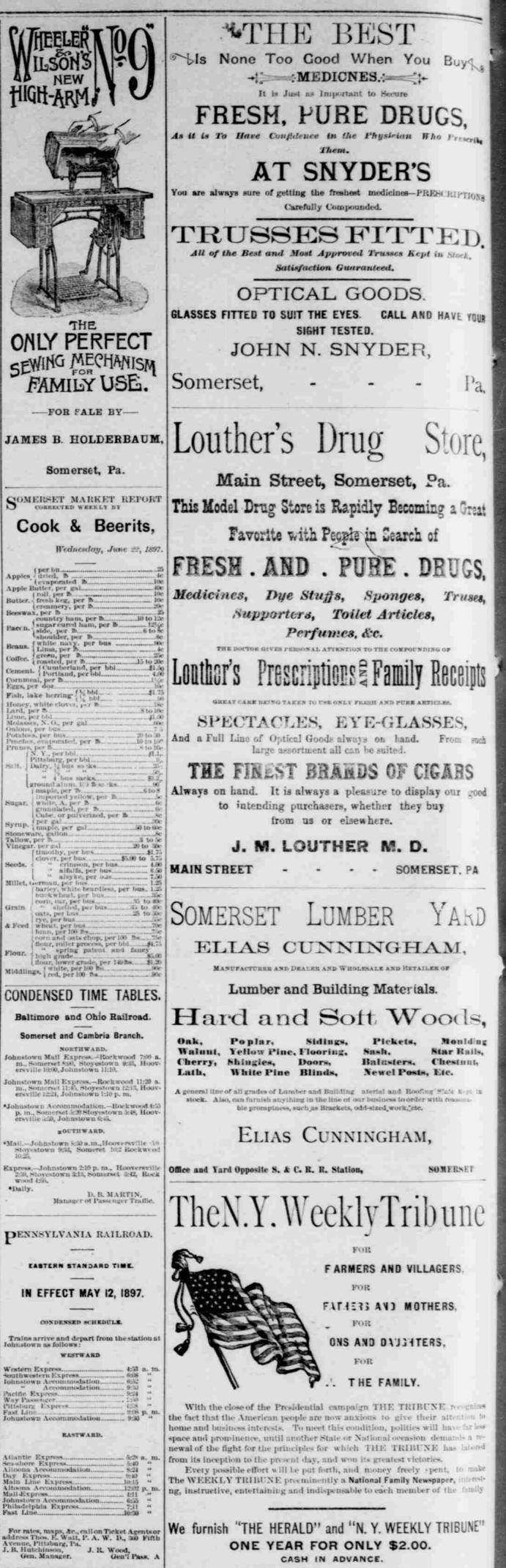
"In the name of goodness," interrupted the Judge, "how many wives have you had?" The man looked thoughtful and then

"Jedge, I don't know. I use tet keep track of 'em, but I quit countin' It depends wholly upon what a debt after Lee's surrender!"-Atlanta Con-

foolish to give a note for a fast horse or luxury, but when the debt will help Train up a hired girl in the way she one to make more money, and so to should go, and she will depart from lar a month more.







Two From One Leaves One. Two boys were sitting on their doortheir hands. One said to the other:

"Yes," replied the other. A gentleman passing by heard them ned said:

from one leaves one, I will give you each 10 cents."

her two babies. Each boy took a kitten away and said "Two from one leaves one."

So the gentleman gave them each 10

"ABC, ABC, ABC!"

tunity to discover the error, the con singers who were eager to get his crititractor walked into the office of the cism. If one of these aspirants for his president of the bank.

"Is the bank responsible for the errors at home and be received, Brahms' first of its clerks?" he asked the president. "If it can be proved that any of our clerks have erred" replied the presicreeps; at 12 or 14 it walks, and so merity to oust him. If this failed, he dent in a very chilly manner, "we will make a correction." "Well, nobody saw this error made

but myself," continued the contractor, "and my word ought to be sufficient "I'am sorry sir," said the bank pres-

ident, "but we shall have to have additional proof. We require this in order to protect ourselves; that is all.' "Very well, sir," replied the con-

tractor, rising to leave. "I am sorry 1 cannot furnish what you demand. The error I referred to was the payment of

It is sometimes asked where General \$400 for a check that called for only that the child is kept up all the Grant got his military genius. It was \$40; but as no one saw me receive the extra \$360, I suppose you will not want to correct this mistake. Good day

"Hold on! Come back!" shouled the bank president, who by this time was very wide awake to the abyss to which

The matter was soon adjusted satisfactorily, and now when any person reports an error at the bank the first question asked is: "In whose favor?"-Washington Post.

How Hale Got to Camp.

The Expert's Quandary. Panlpry-I hear that you have made careful examination of the blood Hale went to the front to visit one tains found at Badlot's barn. What do the generals in command. The last part of his journey to headquarters was you make of them? Serum (an expert)-It is impossible on a steamboat, where Hale met an for me to say just at present whether officer, a major, who was also going to the stains are human blood or the blood headquarters. At first the major was of a horse. You see, I may be engaged very friendly, but when he learned that by the government, and I may be engaged by the defense .- Boston Tran- Hale was also going to headquarters he

Grant as a Soldier.

A Cruel Burden. Pruyn - The peasantry in Europe have a much easier time than formerly, boat landing. do they not? Returned Traveler-As a rule, yes. Scotland is the one exception. There the poor things have to live up to their ovelists -Brooklyn Life.

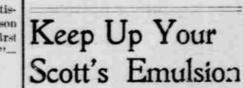
the general, the major rode up. He Parisian restaurant keepers mix a lit it an agreeable taste and flavor and horse had fallen with him, he was covmakes the inferior butter more palata- ered with mud and in the worst possi

ble temper. The pearl fisheries in the galf of Ma naar are the most important in India According to Friar Jordanus, 8,600 boats were engaged in this gulf in 1330.

Show us a farmer that keeps his fences up in good shape, the woods all cut in and around the yard, and the buildings kept in clean and neat shape and you will show us a good and successful farmer. Why farmers will tolerate a mud hole to exist along the farmside, or perhaps near the front yard is very hard to conceive. Such places add disgust to the surroundings. Houses, barns, fences and yards should be kept neat and tidy places. They add

to the price of the property as well as to the comfort of all .- Rural World. Road Dust as an Insecticide.

For several years I have used with good effect road dust against the striped cucumber beetles. I sweep the dust up in the track of the wheels and keep it on hand. Put about four quarts in a loose bag and shake the dust on the plants when they are dry, enough to cover the ground under them. This is also a sure remedy for the little black fleas. I seldom have to dust more than twice. F. C. Tompkins, Dutchess County, N. Y.



in Summer-time During the war Edward Everet

**What are your resources for the summer? Have you an abundance of health stowed away for the long, hot, depleting days, or does summer find began to fight shy of him. Evidently you low in vitality, run down, he did not want a "civilian" on h losing flesh, and weak? Scott's hands on the long night ride on the Emulsion of Cod-liver Oil will When they reached the landing Hale give you the proper reserve found a horse, and after a hard ride force, because it builds up the through mud and brnsh he reached headquarters. After he had his supsystem on a solid foundation. per, and as he was sitting talking with A tonic may stimulate; Scott's Emulsion not only "boosts,"

It is a wise precaution always to have at least a small bottle of Scott's Emulsion in the house. Unopened, it will keep indelin-itety. Tightly corked, after using, kept in a cool place, it will remain sweet tor weeks. "Why, major," said the general where have you been? Mr. Hale ha

it sustains.

For sale by all druggists at 50 Cents and \$1.00



Bellefonte, Centre con

Mattawanna, Mifflin Co., Pa. Couldn't Walk 15 Yar Catarri and Eye Trouble Cured by Dr. Salm. Earthly Use to any For more than 5 years I have had a very bad case of eye trouble and calarrh. The eyes continually got sore and grew weaker and weaker. I always took cold. Dr. Saim

Cleveland Kimberly. McVeyton, Witnessed by A. J. Kimberly. Mifflin county, Pa. People Think Dr. Saim Has Done Another Wonderful Piece of Work.

Wonderful Piece of Work. I have had a very bad case of entarth and sore eyes for more than 8 years, and consi-quently it gave me a world of trouble. I was obliged to see Dr. Salin, under his treatment the change is wonderfully rapid. My friends are astomished, as well, and think with me that Dr. Salin has done another wonderful piece of work. Louis C. Shannon, Whitestown, Butter county, Pa.

50e BOOK FREE. The Medical Adviser, a short history of private diseases, advice to your g and old, especially those contemplating marriage. This book will be sent free to anyone on application. Address Dr. Saim, P. O. box 760, Columbus, O. Enclosing a 2 cent stamp for

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application. Address Dr. Saim, P. 0. box 760, Columbus, O. Enclosing a 2 cent stamp for postage. FREE EXAMINATION OF THE URINE. Each person applying for medical treatment should send or bring from 2 to 4 ounces of urine (that passed first in the morning preferred), which will reserve a careful chemical and microscopical examination, and if requested a written analysis will be given. Diseases of women, such as have baffled the skill of all other physicians and remedies, quickly enred. Cancers, tumors, fibroid and polypoid growths cured without the use of the knife or causinetic. No cutting, to pain, no danger. Manhood perfectly restored. Quick, painless and certain cure for Impotence, lost man-hood, spermatorrhoca losses, weak and nervous debility : also for prostalitis, verteoccele, and all private diseases — whether from improdent habits of youth or sectional functions—speedily and permanentity care 1. New Method Electropists, Epilepsy or Fits scientifically treated and positively cured by a never failing method. All eye operations st creassfully performed, Examination and consultation free to every-body.

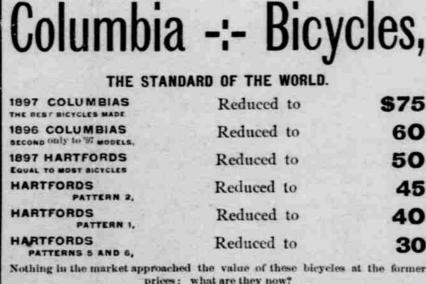
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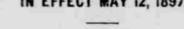
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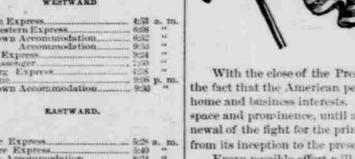


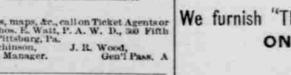
A Thront Trouble Cured A Salm. Its our 2 children have starrh and throat troub- is. They were continu- ould hardly breathe at tion became undermin- urse of treatment with imost entirely recover- le disease. J. F. Harrison. nty, Pa.	 alfalfa, per bus
	Middlings, (white, per 100 Ba CONDENSED TIME TA Baltimore and Ohio Rail
dsata Time. Was No y One. Thought I ble, but Dr. Salru	Somerset and Cambria Bran

Cured Me. Cured Me. For 2 years or more I have had a featful trouble, began to get very weak. My limbs would not carry me any more. Couldn't walk a stretch of 15 yards, and my heart would beat at a featful rate at the lenst exertion. It seem-ed my blood turned to water. I gradmily be-came pale as one dend. I was no earthly use to any one, and all my neighbors and rela-tives thought I was going to die. Home Coe-tors couldn't help me, so I went to Dr. Salm, and to-day, I am happy to state, that I am strot.ger than ever, can eat anything, do a full day's work and enjoy life as much as any one, and my color, any one may be preud of Mrs. Sadie Dobbs, Attested by her father, Frank Richa uson, Dunlo, Cambria county, Pa.

•Dally.



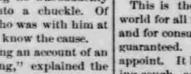






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Tribune Building, New York City, and sample copy of The New York



Grinned Facing Death.

been here two hours " The major glared at Hale and grunt ed: "How did you get here?" "Oh," said Hale quietly, "I followed the telegraph wire."