

EXERCISE FOR BABY.

A PHYSICIAN'S VIEW ON THIS VERY IMPORTANT QUESTION.

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."

"The H. G. Beyer of the United States Naval Academy has shown that not only do these sedentary children exceed those who do not in average gain in weight, lung capacity and strength, but that their average gain in height during the year years is greater by over an inch."

"At 3 months of age the baby finds its hands and begins to reach for and hold objects; at 6 or 8 months it creeps; at 12 or 14 it walks, and so progresses from simple to complex movements."

"What a refreshing contrast to the insipid experiences of our overprotected, overfed youngsters. Still, rough exercises are not to be indulged in by babies. They will attend to their own gymnastics, if not prevented. It is evident that too much movement of the trunk and limbs should not be imposed with wrappings."

"When that artificial exercise for the baby, the rattle, is prevalent among us, it is seen calculated to help him. Monotonous jarring, shaking and rattling are undesirable, if not harmful."

Sheridan's First Ride.

The following story was told by the Rev. T. J. Headley, historian and biographer of the town of Warren, Vermont, in regard to a boyhood experience of General Sheridan:

"At five years of age he was playing near his home when some lady came along and amused themselves with the wide awake boy. A horse was feeding in an adjacent lot."

Who! Who! shouted the lady, and she was taken to the animal's back. The sudden and unceremonious mounting of the young rider startled the animal, and away he ran.

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Richard of a Birthday.

The following charming story is told of the late Robert Louis Stevenson, who, in regard to the lesson of the birthday, had a little daughter about 11 years old who very speedily became a devoted friend of the novelist.

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Grafting Grapes.

Cultivated grapes are often grafted on wild ones. They grow just as well, or better than when on some other cultivated one, the wild ones usually being more vigorous. The grafting is done early in spring, before the buds start.

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Couldn't Keep up With 'em.

A Georgia man was arraigned for beating his wife. "What have you to say for yourself?" asked the Judge.

Couldn't Keep up With 'em.

Couldn't Keep up With 'em.

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Couldn't Keep up With 'em.

Pate This in Your Hat.

It depends wholly upon what a debt is incurred for as to its wisdom. It is foolish to give a note for a fast horse or luxury, but when the debt will help one to make more money, and so to become independent sooner, it is a very different thing.

Pate This in Your Hat.

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Evidence of Success.

Keep Up Your
Scott's Emulsion
in Summer-time

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
you low in vitality, run down,
losing flesh, and weak? Scott's
Emulsion of Cod-liver Oil will
give you the proper reserve
force, because it builds up the
system on a solid foundation.

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