

Physical Exercise

Of Great Value to Many Morbid Persons

By SARAH S. PERKINS

THE common-sense point of view, it seems to me, is that as far as the working people, under present conditions, are able to benefit from gymnastic exercises, just so far they are valuable to them. That, of course, applies to any other class of people as well. All of which simply means that to a vast number of working people it is a matter of minor importance or of utter indifference because their principal need is for industrial conditions which are safe, and for higher wages and shorter hours, which would give them opportunity for mental and moral education as well as physical.

To educate oneself in any way means the expenditure of energy, and one must not only have the energy to expend, but must also have enough good sleep and happy leisure, which is not active, in order to replace the energy used in work and active play.

If the question is whether the large part of working class women have these things, the answer must be that they do not.

The object of expending energy is in the hope of getting something one wants; one's living, one's health, some one or other form of happiness; if the struggle of life is too hard, then the lessened energy is used to secure the greatest instinctive desire, one's bare existence, and often there is not enough energy for that.

To use a part of that small and precious fund in active play appeals, I think, very little to the working class, that is, to that part of it which expends most of its energy in making a living. They crave something to relax the nervous tension, something which is "done to them" without much effort on their part. Hence it is that there is so much drinking, loafing in cheap theaters and so many vices of various kinds.

However, I would not in any way undervalue the usefulness of physical exercises for the many persons who are enabled by them to throw off morbid conditions and to pull themselves out of anemic conditions and get fresh starts in life.

The only objection, I should think, is the tendency to make them into a fad, and to give the impression that, given gymnastics, we have cured the sorrows of the world. In other words, we must not put the cart before the horse, but remember that poverty and ignorance are the real evils to be coped with and we can have no real health while we have these. Anything, however, that will strengthen us for the time being to play whatever part we have to play in the world must be counted as useful.

Sarah S. Perkins

The manufacturers and other business men of this country would like to have business more rushing and not so quiet as it is at present. They can easily bring about such a condition of affairs, as it is a simple matter. All they need to do is to increase the wages of the producers so they will have the money to buy back more of the things they have produced. That would relieve the present stringency and times would become easier. Those who own the machines that the workers use for producing certain articles are all the time storing up more and more profits, and as they are

in the minority and the workers compose the vast majority, the workers' proportion of obtainable money must necessarily diminish as fast as the wealth of the capitalist increases. When a panic comes the position of the capitalist is somewhat like that of the monkey who put his hand into a jar of nuts and got his hand so full that he was unable to withdraw it.

The more selfish and grasping the money kings (and humanity at large) will become the oftener we will have times of depression and panics.

A lawyer should only seek justice for his clients. By obtaining an acquittal for a guilty man he has defeated justice.

Suppose a lawyer knows his client is guilty, and if convicted the sentence must be imprisonment; but he obtains a verdict of acquittal. The client is turned loose on society, and commits other crimes while he ought to have been serving time for the first crime, is not the lawyer partly responsible for his crimes?

The knowledge that they can hire great lawyers to defend them has given encouragement to criminals all over our land. It

is true, a lawyer owes a duty to his client, but if he knows the client is guilty he has fully discharged his duty when he has made clear all extenuating circumstances, if any there be, connected with the crime, and has made a plea for as light a sentence as the court can pass for the crime committed.

While the lawyer owes a duty to his client, he also owes a duty to himself, to his profession and to society; he can best discharge these duties by laboring to obtain absolute justice for all.

Dr. Orison Swett Marden is perfectly right in saying that mirth is God's medicine; but how about those to whom this is denied, those that live within the limits of privation and even at that do not really live but only exist? For those I do not believe there is any fun. When people battle with misfortune every day in the year, every day in their lives, how can they laugh in the face of fate and say, "We won't concede that we are beaten?" When everything looks dark in the future that is an impossibility. For some unfortunate the sun never shines. They are human machines and they drudge from morning till night and wear out their lives before their time.

And there are others less fortunate even than the human machines, those poor souls that lost their jobs because work is slackening and there is no bank roll to back them up. They do not feel like being cheerful about it. They have desperation written on their faces.

And I am sorry to say that many of these have not the education or ability and perseverance to better their condition.

Method for Making Business More Rushing

By F. N. BLANCHARD

Should Not Seek to Acquit Guilty

By CHARLES C. HUNTER

Mirth is Truly God's Own Medicine

By R. W. REICH

HOW MATHEWSON FANNED MIKE MITCHELL



Captain Mitchell, Crack Outfielder of Cincinnati.

"Dode" Paskert tells an interesting yarn on Matty and his headwork. The Reds were playing the Giants and Mike Mitchell was clouting Matty's shoots to all corners of the lot, while Dick Hoblitzel had fanned three successive times.

The Reds had a man on second and a man on third, with two out in the ninth inning, and the Giants had a one-run lead. A single would have won the game and Hobby was the hitter. The fans were giving up hope when Matty deliberately passed Hobby to take a chance on Mitchell, who had made two triples and a double in his three trips to the plate.

The fans shouted and laughed. They thought it was all off with Matty. Mitchell had been clouting Matty's fast ball and Mike expected to see the fade-

away or Matty's curve come up to the plate. Matty cut loose a fast one straight over the center of the plate. Mitchell was dumfounded and did not even swing.

Then he stepped up closer to the plate because he was positive that the next would be a curve ball. Zip. Another fast one shot straight across the plate. Once again Mike, in his surprise, allowed it to pass. Then he was dead sure he had Matty and that "Big Six" would waste a curve ball. Once again the ball went over the center of the plate. Mitchell was dumfounded and did not even swing.

Matty had deliberately given him three fast balls, without a shoot on them, and all of them were right across the center of the plate and where Mitchell would ordinarily have killed them.

CONNIE MACK IS SARCASTIC

Supposedly of Easy-Going Disposition, Manager of Athletics Is Stern Disciplinarian.

Connie Mack at times is the most sarcastic manager in baseball. On the face he has an easy-going disposition, yet he is one of the sternest disciplinarians in the game, although he is never apparently stern.

During the early days of the American league Mack had as first baseman the veteran Charley Carr, manager of the Kansas City team of the American association.

This was in 1901, and Mack was having a struggle to keep above water. He had a raw-boned youth named Plank on the mound one day. The Athletics played wretchedly, Plank's



Charley Carr.

pitching being as bad as the Mack-men's fielding.

Carr was a particularly bad performer. After the giant first baseman dropped his third thrown ball, Mack became wild, but in a quiet way. He waited for Carr as he was walking to the bench. Taking a dime from his pocket, he handed it to Carr.

"Why, what's that for?" said Carr in surprise.

"It's carfare home," replied Mack coldly, "and take Plank with you."

Mack meant what he said and didn't permit either Carr or Plank to play any more that day.

Speaker After Record.

Tris Speaker has thrown his hat into the ring for the batting championship of the American league. Ty Cobb of Detroit and Joe Jackson of Cleveland, have been hugging an opinion that the batting honors of the organization should be the personal property of one of them next October. Speaker says they "have got to show him."

HOW CHICAGOS LOST O'BRIEN

Carl Lundgren Gave President Murphy His Opinion That Buck Would Not Do for Cubs.

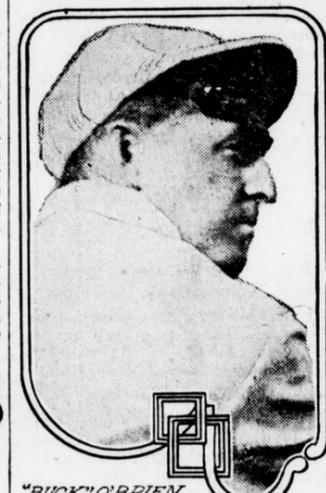
"If it hadn't been for Carl Lundgren the Cubs would have Pitcher O'Brien today," says President Murphy of the Chicago Cubs. "Lundgren played for the Chicago team many years and was a most excellent pitcher. He was uniformly good during the cold days, when most twirlers can scarcely hold the ball. He won many games for the Cubs at such times and was a factor in our success.

"His judgment slipped up in the case of O'Brien, however. I had heard a lot about O'Brien's wonderful work in the Connecticut league. In fact, many persons had written me advising his purchase by the Cubs. I picked up an eastern paper one day, noticed where Lundgren was playing on the Hartford club, the same that O'Brien was a member of, and decided to get Carl's opinion of the youngster.

"Carl had pitched for the University of Illinois before joining the Cubs, and as George Huff was coach of the Illinois, in addition to being our scout at that time, I decided to get busy. First of all I asked Huff to write Lundgren and find out what he thought of O'Brien. The answer came back in due time: 'O'Brien is only a fair pitcher.'

"That settled O'Brien for me. If he didn't look good to Lundgren, I didn't see where he could be used by the Cubs. Yet that same O'Brien pitched amazing ball for the Denver club of the Western league, and was grabbed up by the Boston Red Sox before we could get another crack at him. Jack Hendricks, manager of the Denver club, and one of the best developers of young ball players in the business, according to my way of thinking, considers O'Brien the best young pitcher he has ever set eyes on.

"For that matter, a club owner has to pick and choose diamonds in the



"BUCK" O'BRIEN

rough for himself. Take the case of Gandil. Two experts have told me Gandil was a world beater—two said they wouldn't have him on their club. What can you do in the face of such conditions? Just trust to your own insight and luck, I believe.

"We have had several youngsters whom we let go, believing they would not do. Yet these same players went to other major league clubs and were 'whales with the bat and in the field. Really, you know very little after all."

Foxy Joe McGinnity.

Manager Joe McGinnity of Newark was offered back Joe Agler by the Cubs, but declined to take him, since he is sure Harry Swacina will fill all requirements. Agler and Smith went to the Cubs in a deal by which McGinnity was to get players or cash. Bob Fisher was sent to Newark and a list of others, including Agler, submitted to McGinnity. None of them looked good to him and he demanded cash instead, to the amount of \$3,000. President Murphy sent him a check for the amount and Agler went to Jersey City. The deal McGinnity made was a good one, for Fisher bids fair to be worth as much as both Smith and Agler, and Joe has the 3,000 bones besides.

World's Series Games.

The move to increase the world's series from seven games to nine really brings back the plan inaugurated in the modern blue-ribbon event of baseball. Pittsburg and Boston in 1903 were scheduled to play until one team won five. The first four games left the series standing three to one in Pittsburg's favor, but Jimmy Collins' crowd "came back" and took four straight. Mack and McGraw favor nine games.

Lafitte Released to Providence.

Edward Lafitte, a member of the Detroit American league pitching staff, has been released to the Providence club of the International league. Lafitte went to Detroit after making a great record in the old Eastern league in 1910.

Pleased With Miller.

Roger Bresnahan is much pleased over acquiring the ownership of Outfielder Miller. Cincinnati wanted to send Miller to Fort Wayne, Ind., but Roger blocked the deal and landed Elmer for the walver price.

Manager Wallace Is Happy.

Manager Wallace of the Browns is happy over the trade he made which brought Stovall to St. Louis. Stovall is leading the club in batting with a .400 mark and playing the best ball of his career.

BIRDS THAT LIVE CENTURIES

Average Life of Australian Cockatoo Said to Be Hundred Years.

Melbourne, Australia.—Among the wild birds of tropical countries whose average life is said to be close to one hundred years are said to be the cockatoos of Australia, a handsome bird belonging to the same family as the parrot, and a species of bird which is readily tamed and taught to do tricks which many domesticated birds and animals are unable to accomplish.

The cockatoo, particularly the yellow-crested bird, is one of the most intelligent of the birds of the world, and while it may seem strange to some, it is a fact that by kindness and excellent treatment a cockatoo can be



Australian Cockatoo.

taught to accomplish almost any act that its owner wishes.

The birds are naturally fond of play and to combine play with instruction is said by Edward Montague, an old New Englander, to be the best method of training. Montague's ancestry dates back in 1668, when Richard Montague settled in Hadley, Mass., and all of his descendants, of whom there are more than five hundred in the United States, take pride in displaying the Montague coat-of-arms.

In addition to being proud of his ancestry, Edward Montague is extremely proud of his flock of trained cockatoos and some of his birds, doubtless because of his training, display almost human intelligence.

The cockatoo is found in immense flocks in the wild regions three hundred miles west of Melbourne, Australia, and there they are easily caught in traps. There are several species, but those with the yellow crest are the most beautiful as well as the most intelligent.

It is a strange feature of the breeding of the cockatoo that the mother bird hatches her young in a particularly torrid climate and then immediately flies away to some colder climate where the young bird quickly attains its growth. Another feature of the bird is that the crest is a barometer of feeling.

When incensed, the crest is perceptibly raised, while when the bird sulks, the crest is correspondingly lowered. Naturally the bird is of a vicious nature and one pick from the sharp bill is sufficient to sever the end of a finger.

Training of the birds is an interesting vocation and usually extends over a period of two years. The individual bird must first be taught to perform and then similar instruction has to be given to the flock. The birds can be taught to dance, engage in chariot races, do stunts on the horizontal bars, perform on revolving balls and lastly to talk and swear. The birds strangely pick up profane words much more quickly than words of any other type, and some cockatoos know more profanity than anything else.

They live to be more than one hundred years old, and some birds are in captivity which have exceeded the century mark. They do not require any more treatment to sustain life than a human being, and if they are fed regularly and kept out of draughts they contract no illness. But they dislike extreme hot weather, and those in captivity always grow restless when the hot sun shines upon them.

Deepest Hole in the World.

Slaughters Creek, W. Va.—What will be the deepest hole in the world is being drilled by W. E. Edwards of his oil fields. Its purpose is to determine the geological character of the earth. The depth now is 5,234 feet. The world's record depth is 6,001 feet, attained in a South American well.

Cow Inspects Department Store.

Norwich, Conn.—A fine Holstein cow, which was being driven through the street here, bolted from the herd and entered a department store. Going up several flights, she frightened the women clerks in the cloak department into hysterics. Finally the owner arrived with a rope and she was safely escorted to the street.

Guilty Man Pleads for Son.

Brockton, Mass.—When sentenced to seven years in prison for counterfeiting, Patrick J. McGrath pleaded with the court to spare his son, who is to be tried. He said the boy acted only under his orders.

Schoolgirl Selects Pall Bearers.

East Sparta, O.—After selecting six schoolgirl friends, to act as pall bearers at her funeral, Eva Teeple, aged seventeen, shot and killed herself.