

Narious dymnastic Exercises—The Boxing Was Not According to Queensberry Rules.

HE oft-quoted phrase of the Latin poet, "Mens sana in corpore sano"—a sound mind in a strong body the value of the Latin poet, "Mens sana in corpore sano"—a sound mind in a strong body the value of the control of the Latin poet, "Mens sana in corpore sano"—a sound mind in a strong body the value of the control of t



SCRAPING WITH A STRIGEL.

the wieles as competitors, and in order that uone might be kept away by war or political disturbances a general truce between all the cities of Greece was proclaimed and safe conduct to and from the games insured to all competitors. The first competition was a sprint race of 125 yards, and to this were added from time to time wrestling, discus-throwing, boxing, and chariot-racing. The running-track was called a stadium and was a little more than 600 feet in length. The original race was once up the course, but in time races of doubt the course were added, and we hear of races twelve, twenty, or twenty-four courses, the last making a distance of about 3,000 yards. There were short races for boys of half a course.

As recards speed it is very doubtful

There were short races for boys of half a course.

As regards speed it is very doubtful whether the Greeks equaled the performances of modern days. From what has been said of the fleshiness and grossness of athletes and from representations on vases, which show us men running with their arms spread out—to increase their speed, as the German commentators say quaintly enough—we may fairly conjecture that their performances were moderate, as regards time. The Greeks had no means of taking the time of races at all accurately, and ran merely to see which competitor came in first, and not to beat records.

accurately, and ran merely to see when competitor came in first, and not to beat records.

Many instances of very long runs are recorded in Greek history, but these are, of course, tests of wind and endurance and not of speed. As the runners wore no clothes it was impossible to distinguish them in any other way than by means of a heraid, who proclaimed the name and city of each competitor as he advanced to the starting post. The races were run in heats of four, and the man who drew a bye was thus often saved a heat. The winner of the final heat received the prize, there being no second or third premiums. For the wrestling the body was anointed with oil, and to counteract the too great slipperiness sprinkled with sand. This was done in a special room of the gymnasium called the konisterium, or sanding-room.

All kinds of feints and tricks were used in wrestling, and many things were permitted which modern rules do not allow. The contest was begun with the competitors standing upright, but was continued after they were on the ground. A men was not defeated until he had been three times thrown. In the group shown



The third event was the throwing of the discuss an able to the weight of which weights of which were provided for the use of boys, youths, or men, by each of which there classes of competitors of the discuss of which a cut is given famous statue, of which a cut is given and every pose of which is enumerated in a passage of Statius, describing a contest of this kind. The distance to which a discuss we thrown is also doubtful, thing a statutor does mention at how to status, but we do not know where it was probably what we now call the broad or long turns for manning accuracy of sim.

The tenth of the weight of which were employed. Disconting the possession of the distance of the which as a mark, however, it is probable that light spears with points were employed. Disconting the possession of the dividers of this with the latter times pointless spears were used. For throwing at an arth, however, it is probable that light spears with points were employed. Disconting the possession of the dividers of this with the possession of the dividers of the of the divi

IN BRAVE DAYS OF OLD.

THE OLYMPIAN GAMES OF ANCIENT GREECE.

They Embraced Leaping, Foot-Racing, Wrestling, Boxing, Charlot-Racing, and Various Gymnastic Exercises—The Boxing Was Not According to Queensberry Rules.

HE off-quoted phrase waveful to him only who had been defined by the plant of the Latin poet,



WRESTLING ON FOOT.

wheestling on Poot.

many victory in three contests was sumiciont, but it appears that sometimes the running and wrestling were omitted, and it may have been on these occasions that three successes constituted a victory.

The most dangerous sports of all remain to be considered—the boxing and the pancratium. Greek boxers were not content to use the naked fists, but bound their hands and wrists with leather thongs. Later on these thongs, which were termed mild or gentle, were studded with pieces of metal, and then the blow must have been frightful, though intentional killing of one's adversary was not commended. It seems that, though great skill, endurance, and courage must have been required for such contests, the Greeks did not understand the scientific principles of boxing. We read of a boxer getting up on his toes in order to deal addy blow upon the top of his adversary's head, and a boxer was commonly and the scientific of the state of the same with his east crushed."

A most terrible contest is related by Pansanias. Two boxers of great skill.

sary's head, and a bover was commonly spoken of as a man "with his ears crushed."

A most terrible contest is related by Pausanias. Two boxers of great skill and strength could neither of them get at the other, and therefore agreed to receive a blow turn and turn about. The first struck his adversary full on top of the head, while the other drove his fingers into his adversary's stomach and pulled out his entrails. The dying man was crowned victor, on the ground that the five-fingered blow was a foul one.

After the competitors had thrown each other the contest was continued on the ground, and sometimes combatants were choked or had their fingers and toes broken. The paneratium was the lowest and most brutal of Greek sports and was not in favor with the Spartans, who considered it, as well they might, an ungentlemanlike business.

Of smaller and less violent exercises we may mention ball-playing, which was much recommended by Greek physicians.



PANCRATIASTS.

PANCRATIASTS.

It was practiced by men, boys, women, and girls in a part of the gymnasium specially reserved for it. The balls varied considerably in size, and the rules for the various games were numerous. Bathing was much indulged in by the Greeks, and hot, cold, and vapor baths were attached to the gymnasia. After violent exerciss the athletes scraped off the dust and oil with striggle or scrapers of metal or bone. The cut shows an athlete thus engaged. Warm baths were taken in the public or private bath-houses as refreshment after the day's fatigue.

The Olympic victor, in early times at any rate, received very substantial rewards. He won a money prize of considerable value, and was welcomed back to his native city as a hero and entertained in its town hall by the dignitaries of the state. The great sculptors of the day executed his statue, and poets sang his praises in odes which in some instances have become immortal. But in later days public opinion altered very much in this regard. The polished Greek came to value intellectual strength more than physical, and to esteem mental gymnastics more than bodily exercise. The severe training for prize-winning became more and more exacting, and tended to usurp an athlete's whole attention, to the exclusion of more liberal culture.

Athletes fell into disrepute in much the same manner as professional runners, bovers, and scullers have done at the present day. The athlete was no match for the polished thrusts of the philosopher's wit, and his heaviness, dullness, and stupidity were a constant target for the comic poet's subtle humor. Another argument against athleticism was the brancratium, in which the vanquished competitor was put to the humiliation of suing for mercy at the victor's hands.

Finally we may say that though the combetation of literary and much processes as the pancratium, in which the vanquished competitor was put to the humiliation of suing for mercy at the victor's hands.

Finally we may say that though the final proper the fereke contrived, by t



tie winte house an the driver sed he reckoned thet wus the place, an so we all got out, but thay want no one to home; but I seen a tub a-standin by the corner of the house ½ full of railwater, so I node thet thet must be the place; so the man watered the team an went back to town an left us a-settin on the stoop a-waitin fur Susan Jane to kim home.

I got awful hot thare arfter a while, an Willam Henery he yowed he want's

Jane to kim home.

I got awful hot thare arfter a while, an Willam Henery he vowed he wan't a-goin to stay thare an be plumb roasted alive like a ole turkey gobbler. "I'll be hanged of I hain't so hot now thet I sizzle," ses he, "an I'm a-goin to see of thare is any way into the house;" an he got up an sturted aroun the house, an purty soon he hollered "kim on," an we went an he tuck us down-suller an up threw the trap-dore into the house, rite into the buttery.

My! what a lot o pise an cakes Susan Jane hed baked, jest like as the she wus a axpectin us.

wus a axpectin us.

"Susan's man must be a awful good
purvider," ses the widder, a holpin
her self to a creem tart. An her an
Willam Henery fell to an et most every thing thay could see.

While thay wus yit a eatin, I heerd
a teem drive up.

While thay wus yit a eatin, I heerd a teem drive up.

"Thay've kim," see I to the uthers; but afore thay hed time to say "Jack Robison," the buttery door flew open, an thare stud 3 men an 2 wimming, an thay wus armed with the hoe an ax an broom an butcher nife an clubs! I tell you, Mister Editur, thay looked purty skeery, an I bet you'd a trumbled sum to. I jest fairly shuck in my boots—or shoes, ruther.

"Les take em alive, Bill," ses one of the men.

the men.
"Alrite," ses Bill, an thay kim

fur us.
"Whare is Susan Jane?" ses I, a

"Whare is Susan Jane?" ses 1, a trumblin.
"Ill Susan Jane you, fur eatin my cumpany bakin," ses one o' the wimmin, a fetchin the broom down on to Willam Henery.
"Ouch!" ses he, "madam or miss, yure mistook in the persen; we haint no bugglers, we're Susan Janes Paw an Maw," an he dodged the broom acrin.

yure mistook in the persen; we haint no bugglers, we're Susan Janes Paw an Maw," an he dodged the broom agin.

"I'll Paw an Maw you," ses the man, a gougin him into the ribs with the hoe handle.

"See here, mister, don't you tetch my pardner agin or I'll have the law of you, shore es my name is Hester Ann Scooper," ses I, sturnly, while the widder peaked out frum behind the cubbord dore, whare she wus hid. When I tole em my naim thay all jest stood an looked.

"Be you Mis Scooper her self?" ses one of em.

"I be," ses I, firmly.

"Furgive us, we didn't no," ses thay, "an you must stay fur dinner; an how air all the folks to the Corners?"

We tole em thay wus well the last we heerd.

"I gess wed better be a goin, Hester Ann," ses Willam Henery kindy cold an hotly like, "ef these good peeple will tell us whare our dotter is we'l go to her, Mis Susan Jane Paddington," ses he.

"Why, laws! thay live rite over the hill thare, an she is a cummin hear this arfternoon, so you must stay an sprise her," ses the woman; an she felt so reel bad to think she'd treeted us so bad, an baiged so hard fur us to stay thet we finelly did.

An Susan Jane kim over that arfternoon to see them an wus dretful sprised to see us, an glad, too.

"I told Andy I bet you wus a cummin, when he fetched out a letter fur you to-day," ses she.

It were a letter frum Ben which I'll tell you about next time. Yours in haste,

Hester Ann Scooper.



How to Dress for the Ball.

HE dancing dress to-day is a thing of gauze and other she er materials. Glimmer of gauze and other she er materials. Glimmer of gauze and sheen of silk are for the time welled by materials like the flimsy gauzes of Indian will be she we ave, "floating air" and "woven mist." but made in the land of France, and called by the less poetic name of chiffongnes. A few dresses for married ladies are made of brocades and satin, but for young women the embroidered lisses and tulles, or the spangled gauze, which look as if they might have belonged to the wardrobe of an Oriental princess, are made into graceful dancing gowns called "Josephine dresses," with simple, straight full skirts of gauze over satin, and low, square-necked bodices, which might have been modeled after the familiar portraits of the beautiful Empress.

The severe style of this dress, with its high sash of soft surah, is considered especially suitable for a debutante, though in such a case the square neck is veiled with lace. There is a decided objection among mothers to the adoption of the extreme decollete styles worn by the older women of society, by girls in their first or second season. In many cases the evening bodice for young girls is merely pointed and filled in with lace, while the sleeve iz entirely omitted or is an elbow sleeve. Other dresses for young ladies are draped with figured net or gauze and caught up with rosettes and garlands of ribbons in the flat effect now usualty seen.

His Voice Charmed Her.

Joe Mik, the Burlington depot pas-

"Dear poet," answered the editor,
"Dear poet," answered the editor,
"there is no occasion to put more fire
into the poem; all that is necessary is
to put the poem into the fire."

PROF. HALE SHAW shows that the whole face of nature would change if friction were suddenly to cease. Fire or warmth would be impossible, clothing would fall off people or be resolved into original elements, none would be able to move by ordinary methods, to guide their action, or if set in motion, stop. The waters would cover the face of a lifeless world, and human bodies, with all heavier substances, would soon disappear forever.

The Biggest Nugget of Gold.

The largest piece of gold ever taken from the earth was discovered May 10, 1872, at Hill End, New South Wales, on the claim of Beyer and Hultman. It was an irregular shaped slab 4 feet 9 inches in length and 3 feet 3 inches in width. nincies in length and 3 feet 3 inches in width, with an average thickness of about 3 inches. It weighed something over 600 pounds, and, although not virgin pure, assayed \$448,500. The most remarkable part of the story is that the men who found it did not have money enough to pay their board bills the week before.—[St. Louis Republic.

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A mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescrip ions from reputable physicapital or the good you can possibly derive from them. Hall's Catarrh Cure manufactured by F.J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, and acts directoury, and is taken internally, and the product of the product of the contains of the cont

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Tried and Not Found Wanting.
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at this period when such alarm is felt from the
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or the said of the peerless remedy that "it has been
refed and not found wantine." For upward
or perfect satisfaction or the money refunded,
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A record indeed the proprietor may justly
are sent in grateful acknowledgement of the
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Hood's Sarsaparilla

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Rather Rich Soi.

Col. Sapp of Nebraska was talking with an Eastern gentleman, whom he met in Washington the other day "Have you a fertile soil in Nebraska?" the Eastern gentleman asked. "Fertile!" exclaimed Col. Sapp; "I should say we had." And taking from his pocket a paper containing an account of the finding of \$7,000 in a box, dug up on a farm out there, he exclaimed again: "Fertile! Read that." —Washington Post.

A New Garment.

Mr. Mushroom—Well, my dear, suppose you have all the fixin's you want to make a swell sensation at the opry this week. I paid a good many hundreds for that there box and I want to show up in good shape.

Mrs. Mushroom—I only think o' one thing. I'd like to wear one of thim new wood mantels I see advertised. I think they must be awfully swell.—America.

The Editor's Advice.

"Dear editor," wrote a poet to a well. known journalist, "please read with care the accompanying, and give me your unbiased opinion while I am still in the mood to put more fire into the poem."

"Dear poet," answered the editor, "there is no occasion to put more fire into the poem; all that is necessary is to put the poem into the fire."

Phop. Hale Shaw shows that the

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-A young bachelor is an odd fellow, an some young woman is always trying to ge even with him.

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application will remove it permanently, the heavy growth such as the beard or hair on moles may require two or more applications before all the roots are destroyed, although all that will be removed at each are two or more applications before all the last of electrons, although all that it will be removed at each are true its growth. RCOMMERGE X ALL WAS MAYE TAYLE ITS MENTING—USE BY FEDIL 37 Affillment. Gentlement who do not appreciate nature of sit of a heart will find a puriesses book in Hongiers, which were the site of the si THE STATE OF THE S

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