

DAILY RECORD-UNION

MONDAY, OCTOBER 7, 1889

ISSUED BY THE SACRAMENTO PUBLISHING COMPANY.

THE DAILY RECORD-UNION, Published six days in each week, with Double Sheet on Saturdays, and

THE SUNDAY UNION, Published every Sunday morning, making a splendid SEVEN-DAY paper.

For one year, \$6.00 For six months, \$3.50 For three months, \$2.00

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Entered at the Postoffice at Sacramento as Second-class matter.

THE RECORD-UNION, SUNDAY UNION and WEEKLY UNION are the only papers on the Coast, outside of San Francisco, that receive the full Associated Press dispatches from all parts of the world.

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Also, for sale on all Trains leaving and coming into Sacramento.

PUGILISTIC TRAINING. A thoughtful Eastern contemporary well says that "the popular opinion which finds much that is worthy of praise in the method of training pursued by the average pugilist is undoubtedly based on an

total misconception of the facts in the case. It is true that abstemiousness in intoxicating liquors of all sorts is insisted on while he is preparing for a fight, and that excess in eating as well as in drinking are forbidden.

Early hours, too, both in retiring and rising, are rigidly inculcated. To this extent the system to which the prize-fighter is compelled to submit deserves all the commendation which it receives.

Beyond this, however, praise can not reasonably or consistently go. When we come to examine the matter closely we find that this is true. Training for pugilism has been going on with us for fifty years, but no one can point to any beneficial effect it has had upon our generation.

A few men have been trained to over-exertion and endurance in one direction, at the sacrifice of vitality and vigor in others; the youth of the day has not felt because of pugilistic training any influence that has made his physical development superior to that of the grandfathers.

The pugilist is trained to unusual and extraordinary effort, to monstrous output of muscular strength, and to endurance that taxes the vital organs to the uttermost, and these men do not become noted as long lives, or as enjoying the blessings of a healthful old age.

On the contrary, the statistics prove that they break down early and die early. The old pugilists are those; we find, who ceased from training before they were thirty years of age, yet the pugilist is not more interperate than the average of men, in use of food or liquors, and the average man outlives him.

Physical training has its evil in the fact that it is not even, general and proportionately distributed over the man. The result is, that when it ceases, he leans either to extreme obesity, extreme leanness, or wasting of the vital organs, precisely as unbalanced machinery will wear down and give way before its time.

Pugilistic is, in short, not athletic training. The latter looks to the even, easy, general development of all the parts; it takes special care that there shall be no impairment of bodily vigor by the over-training of any one part. It gives as much attention to the abdominal muscles, the back and loins, as to the legs, arms and shoulders, while it is jealous of any tax upon the heart, lungs or other internal organs to which, in the subject trained, they are not fully equal.

The athlete is not given to understand that he can afford to neglect his brain any more than his muscles. He is trained, under proper systems, to bring into healthful and natural play all the parts of his body, to allow no muscle by disuse to become useless and an incubation, to put upon no muscle or limb a strain that may not be shared in due proportion with equal ease by all others.

So it is that the gymnasium, under proper direction, is a school of physical development, while the boxing ring, as a rule, the school of ill training. The one gives us a better, stronger, longer lived class of men; the other gives us one-sidedly and irregularly developed men, whose progeny is almost invariably ill proportioned, weak and devoid of vigor, and who themselves soon decay and rarely retain any of the benefits of their early muscular training.

To those who have been deceived into the belief that the boxing man of the day is excusable or endurable because of physical compensations, the subject we have barely touched upon ought to be an interesting one, and the statistics of which will undeceive them. When Muldoon trained Sullivan recently, and brought him up from a physical wreck to strength and vigor, he went far beyond pugilistic training. His system was that of the athlete, which was applied in degree to all men, would be beneficial, as we recently pointed out when styling him Dr. Muldoon. But in Sullivan's case it was rapid and unusual work, not general and applied for a specific purpose. What was done for Sullivan was not what would or should be done for all; but it served to show what athletic training may do for the race, when it does not run to the one-sided extremes of pugilistic preparation. As a contemporary has well said in treating of the subject, and to which, by the way, the press is now wisely giving much attention:

"The sort of training which the world needs is that which will develop the bodily powers equally, strengthen the brain as well as the muscles, and enable men to readily, cheerfully and satisfactorily meet the requirements and obligations which social life imposes; but this sort of training the pug list system emphatically does not and cannot furnish."

THE NEW SOUTH AWAKING. Judge Tourgee styles the negro in the South as "our semi-citizen." It is an apt designation. Under the policy that has been pursued with regard to him, it is surprising that he can be even thus designated. But there are signs that a change of policy is about to take place and that he will presently be given ample opportunity to prove his capacity as a full-blown

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LOWER CALIFORNIA. It is Said Congress Will Purchase It at the Coming Session.

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The Senate Committee on Irrigation, re-investigating the California Irrigation bill, found at the extreme south end of the State a tract of bottom land, the extent of which is very great, the soil being fertile, but practically worthless unless irrigated.

The land could be watered at little expense, plenty of water being available near by, and it is necessary to build a canal to the Colorado river. However, the only practical way at which this can be done is by the purchase of the Mexican peninsula.

The only satisfactory way to accomplish this work would be the purchase of Lower California, and it is thought that Mexico might be induced to sell at a price of little value to her. There are many reasons urged why the purchase should be made.

The delegates will give to the reception of the Pacific coast line a natural termination, just as the purchase of Florida completed the Atlantic coast line.

THE AMERICAN CONGRESS. The Delegates Pass a Pleasant Sunday at the Hub.

Boston (Mass.), October 6th.—It has been a Sunday of peaceful but picturesque and instructive sight-seeing for the American Congress. They left their morning taken down Boston harbor on a tug, under the escort of Mayor Hart and a contingent of Aldermen from the island, where they were shown the House of Correction, where the city's petty criminals are sent to the Reformatory school, where the wails of Boston's streets, and the Alms House.

The delegates were impressed by the humanity and healthfulness of the treatment. The boys of the Reformatory sang patriotic songs great to the delight of the visitors, who applauded enthusiastically.

The delegates had already seen something of New England industry, thrift and love of liberty by day, they were given a glimpse of the more tender and paternal side of their character.

Two of their speeches were noteworthy. Senator Velarde, of Bolivia, said he believed in the United States as the starting point of a great Government, which would copy a prominent part in the history of the American continent. Bolivia would go half way to meet the advances of the United States.

Senator Zelaya, of Honduras, declared that he would give to the United States Central America, expected the greatest results from this Congress.

Some of the delegates expressed their surprise that the United States had planned to take the excursion no further West than Omaha, Nebraska, and to see the Pacific coast, but it is doubtful whether the United States would permit such an extension of the journey.

DROPPED DEAD. Sudden Demise of the Well-Known Caterer on the Solano.

When the transfer boat Solano was placed in service between Port Costa and Suisun, a young man, John Lane, a well-known colored man, and his wife, rented the coffee and lunch stand, which they have run continuously since. Old Uncle John, as he was familiarly called, became quite well known to all who traveled between the capital and the metropolis.

He had a smile and a pleasant word for all he met, and dished out excellent sandwiches and coffee. Last evening as the strand was being transferred across the overland of Carquinez, Lane, or more Sacramento passengers, made a rush for Uncle John's coffee stand.

Uncle John had his orders in a twinkling and was passing out sandwiches and coffee to the hungry crowd. Just as the orders were all filled, Hugh LaTone came rushing up and called out loudly for "two soft boiled eggs."

"No hot water, sir. Can fry you two, though, in a jiffy."

Uncle John turned around to fill the order, and fell forward on the cooking stove. An athletic newspaper man who was "munching" a sandwich, leaped over the counter and raised the caterer's form from the red-hot range. He was dead.

An affection of the heart had carried him off with the celerity of a stroke of lightning. His wife, who stood just outside the counter, was a witness to his sudden death. He was 60 years of age.

A WORD OF CAUTION. In this is every other locality where it is known, there are hundreds who are taking their lives by the throat by using the cheap cures. But word comes to us occasionally of people who report that it operates too freely upon the bowels. We want to say to those that they are not following the printed instructions and are taking too much of it. If it acts too freely reduce the dose, never taking any more than causes easy and perfect action. Keep this in mind, and take it regularly for a while and do not indulge in too much greasy food, and will have your testimonial within a fortnight. If taken unduly, it is not following the printed instructions, and it is an absolute cure for indigestion, dyspepsia, sick headache, constipation, face eruptions and liver and kidney disorders. It may be asked how it can possibly cure so many ailments. But the reason is, that it is a natural, a legitimate result of impure liver and kidney action or impaired digestive organs. Its effects upon these functions are as astonishing to the medical profession as to the thousands who are daily taking it.

SOCIAL TOPICS. Mrs. Hearst a Leading Society Lady at the National Capital.

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Mrs. More was fortunate in being a protegee of the wife of the California millionaire, through whose kindness her paintings were first introduced to Washington on the occasion of her closing reception and afterwards being for exhibition at the Casino Club rooms for a few days. It is understood that the marriage of

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SENATOR STANFORD.

He and His Wife are Highly Pleased With Their Northern Reception.

Senator Stanford, wife and party passed yesterday morning on their way to San Francisco.

Both the Senator and Mrs. Stanford expressed themselves as being highly pleased with the enthusiastic receptions they received at Red Bluff, Chico and Marysville on their way down, and feel very grateful towards the thousands who welcomed them.

Edward Curtis, who accompanied the Governor as one of the party, told a Sacramento reporter that the receptions were the most enthusiastic he had witnessed in many a day. "And," said he, "the people were as earnest and sincere about it as they could be. It was a case of spontaneous combustion on their part. Way in that little town of Redding every man, woman and child turned out irrespective of politics, nationality or station. Rich and poor stood side by side and cheered. People came from miles around to see him. There was one old man who tramped twenty-five miles to shake hands with the Senator, and I tell you it was a warm grip that the Senator gave him. Then when we got to Red Bluff the demonstration was still bigger—it being a larger town than Red Bluff. The Senator and his wife must have shaken hands with 2,000 people in that place. They sang about him and pushed one another in order to reach him, and nearly suffocated him. In Chico there was another crush and jam, but the climate was reached when we arrived at Marysville. Why, we couldn't hear ourselves think—if I remember the expression—on account of the din. Every factory whistle in town was blowing, school-bells, church-bells and fire-bells were ringing as thousands of people were cheering. When I tell you I must have made the Senator's head swim. Oh, I tell you he has thousands upon thousands of friends who are as true as steel, and so has Mrs. Stanford. They were everywhere loaded her down with flowers and looked upon her as the guardian angel of the State."

Senator Stanford states that the Shasta air has completely restored his health. "Mountain" said he simply grand. It is neither too warm nor too cold, and is the greatest of invigorators. I have been out and on for the past five or six months, but I believe my health is completely restored. In fact, I feel better and stronger than I have in many years. And, indeed, he looked it, his complexion is clear and healthy, his eyes bright and his step elastic.

EDUCATION IN HUMBOLDT. Superintendent Hoyt Speaks in Glowing Terms of its Progress.

Ira G. Hoyt, Superintendent of Public Instruction, returned yesterday from Humboldt County Teachers' Institute.

When asked how he found educational matters up in the redwoods, Mr. Hoyt said: "In no part of the State are the people more interested or more earnest in the cause of popular education than in Humboldt county, and the Eureka papers appear to give the most credit to their efforts to its advancement. Of the 120 teachers in the public schools of the county 118 were present at the institute, about 35 per cent. of them are men, and the majority are of thoughtful workers it has seldom been my lot to meet. All seemed to have come to the institute to get the best of the best and a large number of them took an active, intelligent part in the discussions."

"Professor W. W. Anderson, formerly Principal of the Sacramento High School, was present as Institute instructor, and did good work. One day was set apart as school officers' day, and the members of the county invited to be present. A good number came and took part in the discussions, which were very interesting. Mr. Anderson is a capable, painstaking officer, and has the affairs of his office and county well in hand. The members at large took a lively interest in the exercises and the large hall was well filled at each session. The teachers of Eureka and the Faculty of the Eureka Academy, of which Professor Phelps is Principal, gave a reception and banquet to the entire Institute on Wednesday evening."

"On Friday afternoon, Major John Vance, Eureka's millionaire, tendered the use of his steamer and invited the members of the Institute to take a trip around the Bay. The steamer was a very comfortable one, which is being constructed at the entrance of the harbor, and all had a most enjoyable time, while they were cheered and a vote of thanks to Major Vance and the crew of the steamer was given."

"The people of Eureka are justly proud of their new school house which is being built and will cost, when all complete, \$40,000. Twelve other districts in the county are building new or enlarging their present school-buildings. Considerable disappointment was expressed that the McGoowan county high school bill, which passed the last Legislature, was not approved by the Governor. As a whole, I was delighted with my trip."

GALT GLEANINGS. [Gazette, October 6th.] Immense quantities of stove and four-foot wood is being shipped from Forest Lake to Sacramento.

John McFarland has been busily engaged during the week sowing his summer-fallow land to wheat. He is the first farmer in this section to make a start in putting in the crop for next year.

L. H. Van Valkenburgh and family of this place and G. L. Northup and family of Valley Springs returned to their homes last Sunday after enjoying a three weeks' camping trip in the mountains. Mr. Van Valkenburgh captured two deer during the trip.

A Miss Annie Johnston went down and stayed in the water at a summer resort in England 3 minutes 10 seconds, which beats the amateur record of 2 minutes 51 seconds. Miss Johnston is only 16 years of age, and is accounted the best lady swimmer in the world.

"Brown's Bronchial Troches" are of great service in subduing hoarseness. Sold only in boxes.

Those Who Wear the Douglas LIKE IT.

There are hundreds of men in Sacramento who won't have any other shoe. We couldn't sell them anything else if we tried; neither could any one else. The shoe is strong, neat, and comfortable; probably stronger, neater, and more comfortable than any shoe ever offered them for anything like the same money. Why should they change from a certainty to an uncertainty? The Douglas Shoe is of uniform quality. It is not good in spots. As one pair is, so are ten thousand. If one pair lasts six months, you can depend on the same service from the next pair. Care is used in making the Douglas Shoe, and although it only costs \$3.00, bad leather and bad workmanship never get into it, either through oversight or intention.

Boys' sizes, \$2.00 and \$2.50. Ladies' Douglas Shoes, common-sense style, kid button. Price \$3.00.

WEINSTOCK, LUBIN & CO. 400-410 K Street, SACRAMENTO, CAL.

ADVERTISEMENT OF HALE BROS. & CO.

EXQUISITE IN NOVELTIES

LADIES'

HANDKERCHIEFS.

SOME OF THE CHOICEST THINGS IN HANDKERCHIEFS

we have ever shown have just arrived. They are for the most part imported goods, and are so unique in design and beautiful in conception as to instantly attract attention and admiration.

Cold, colorless words cannot picture the art centered in these squares and segments of daintiness. Your eyes will tell you what we mean.

Sheer Linen Lawn Handkerchiefs in the shape of Fig Leaves, Pansies, Butterflies and Oak Leaves; embroidered in colors with fine French Etching Cotton.....\$1 and \$1 25 each

White Irish Point Lace Handkerchiefs.....\$1 50, \$2, \$2 50

Silk Crepe Lisse Handkerchiefs, with silk-worked borders of flowers in their natural colors.....\$3 50, \$5

China Silk Handkerchiefs, embroidered in exquisite designs at.....\$1, \$1 50, \$2 50

Fancy Embroidered Handkerchiefs in colors and white, at.....75 cents, \$1, \$1 25, \$1 50, \$2, \$2 50

OUR STOCK OF STAPLE VARIETIES IN LADIES' HANDKERCHIEFS IS COMPLETE.

HALE BROS. & CO., 829, 831, 833, 835 K Street, and 1026 Ninth Street, Sacramento, Cal.

WHAT IS SAPOLIO?

It is a solid handsome cake of scouring soap which has no equal for all cleaning purposes except in the laundry. To use it is to value it.

What will SAPOLIO do? Why it will clean paint, make oil-cloths bright, and give the floors, tables and shelves a new appearance. It will take the grease off the dishes and off the pots and pans. You can scrub the knives and forks with it, and make the tin things shine brightly. The wash-basin, the bath-tub, even the greasy kitchen sink will be as clean as a new pin if you use SAPOLIO. One cake will prove all we say. Be a clever housekeeper and try it.

BEWARE OF IMITATIONS. THERE IS BUT ONE SAPOLIO. ENOCH MORCAN'S SONS CO., NEW YORK.

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AUCTIONS.

Auction Sale of Real Estate.

DELL & CO., AUCTIONEERS, WILL, ON TUESDAY, October 8th, at 10 A. M., sell on the premises to the highest and best bidder the following property: Two building lots, 7 and 8, 8x160 feet each, in the block bounded by W and N, Twenty-first and Twenty-second streets.

At 10:30 A. M., the west one-half of lot 8, Twenty-sixth and Twenty-seventh streets, M and N, size, 40x160. The house thereon is new, contains five rooms, and good improvements.

Following the above, there will be sold lot 6, fine building, lot in the block bounded by Twenty-sixth and Twenty-seventh streets, M and N. The above property is a fine investment for private or speculative purposes, and must be sold. Terms, ten per cent. on day of sale; balance when deed is made. Title is perfect. Apply to the undersigned, or to C. H. DUNN, Attorney for property, 65-12 J. B. C.

W. H. SHERBURN, DEALER IN ALL KINDS OF Furniture, Stoves, Bedding, Upholstered Goods, Crockery, Pictures, Carpets, Etc., Etc.

I carry the LARGEST ASSORTMENT OF SECOND-HAND HOUSEHOLD GOODS IN SACRAMENTO.

A List of Some of My Prices: Second-hand Bedroom Sets (7 pieces) with mattress, from.....\$10 upwards

Towel Sets, colored (7 pieces).....\$5 to \$10 Toilet Sets, China (5 pieces).....\$7 to \$10

W. H. SHERBURN, REAL ESTATE, ETC.

FOR SALE EDWIN K. ALSIP & CO., Real Estate and Insurance Agents, No. 1015 Fourth Street, Sac.,

FOR \$150 CASH, DEFERRED PAYMENT OF \$1,600 to be paid in installments of \$20 a month, interest 6 per