MUSIC AND THE DRAMA.

Opening of Recital Hall in New York City.

Comparison Between Bernhardt and Fanny Davenport in "Cleopatra"—The Kendals—Guy de Maupassant, the French Dramatist—Stage Notes.

Rosalind May, the regular New York correspondent of the SUNDAY UNION, writing under date of April 26th, says:

"Piano recitals have been the order of the day since the close of opera and in the nick of time Recital Hall has been opened to the public. It is the smaller hall in an end of Carnegie's great building and in more ways than one is the first of its kind, being two staircases deep below ground. Yet it is a cheerful looking place, done in pure white and not in any way suggestive of the subterraneous. Of course there can be no windows and it is without the affectation of them, while interstices in the ceiling afford entire ventilation. All eyes are turned to the grand opening of the main hall on the 5th of May, which is to inaugurate the festival of several days. Walter Damrosch conducts. Does this mean that he is the best leader obtainable? Far from it. But he has married a Blaine. All are familiar with the firms of Blaine and Carnegie or Carnegie and Blaine, and surely home industry should be pushed to the front. For three weeks New Yorkers have had opportunity for

DRAWING COMPARISONS

Between Bernhardt and Davenport as rival Cleopatras. The deduction is evident that the ideal Cleopatra is yet to come. Bernhardt gives a narrow interpretation; Fanny Davenport, with some exceptions, invests the part with a coarseness which should disgust Antony and certainly does the better portion of her audiences. Bernhardt's best scene by far is that in which, unseen by Antony, she hears his conversation with Octavia and curiously scans her rival. Fanny Davenport makes nothing of it. *Per contra*, in the storm scene, the latter rises to a hight of grandeur impossible to the French actress, who omits it, perhaps from a consciousness of comparative weakness. In scenery, the American representation easily takes precedence, notably in the storm invocation which surpasses anything hitherto presented in its way. But Davenport's costumes are completely eclipsed by the ornate richness of Bernhardt's that have indeed given character to woman's dress at large. Both wear fluffy, reddish wigs entirely too big. But the effect is worse in Davenport's case than the Frenchwoman's, because the former's face is round to the verge of broadness, while the latter's oval countenance can the better bear amplifying.

AT THE LYCEUM

'Old Heads and Young Hearts' is beautifully and successfully given, and while the entire company are excellent, special praise is due Miss Cayvan for the spirit and dash with which she enacts Lady Alice. Then, too, she makes even a prettier picture than usual, looking altogether charming in her quaint dress with pink roses in her coiffure.

"At Palmer's Theater, that extraordinarily common-place pair, Mr. and Mrs. Kendal, are playing a last engagement. Of the two, Mr. Kendal is the better, because not quite so intensely ordinary as his wife. He would make a good second-rate actor in a stock company, while she ought scarcely to take a fourth-rate rank. Her general look and demeanor is that of a well-intentioned nurse-girl, and it is curious to note how she drifts towards nurse-girl costumes. Yet these are best, since attempts at dressing-up reveal the characteristic English taste, with quite the full quota of English awkwardness and lack of symmetry. In London, they do not succeed, and in having made them American successes Mr. Frohman has shown himself the foremost manager of the day. He might attempt a 'woolly horse' or a 'mermaid.'"

GUY DE MAUPASSANT.

The Paris *Figaro* gives the following sketch of Guy de Maupassant, the author of the charming story which appears in another column of the SUNDAY UNION to-day:

"Short, rather than little, square-shouldered, ruddy complexioned, with the mustache of a sub-officer, such is De Maupassant's physical appearance. Silent concerning his own works, with a horror of conversations styled literary, fond of yachting, of the open air, of long tramps and violent exercise, such is De Maupassant's disposition. His marked characteristics are a detestation of big dinners and a dislike for vulgar adulation.

"This rapid sketch would perhaps suffice, but perhaps the reader will be pleased to hear a little more of this popular author, especially at this moment when the extraordinary success of 'Musette' at the Theater Gymnase has just confirmed the literary reputation of De Maupassant, placing him in the foremost ranks of French dramatic authors. Guy De Maupassant was born in 1830 at the Chateau Miromesnil, near Rouen. The first years of his youth were passed especially in indefatigable boating expeditions, and bodily excercise of every kind. A great walker, and of a strong, well-built frame, Maupassant felt a predilection for muscular rather than intellectual activity. We are told that the articles which he attempted required a great deal of time and labor, and that no one who knew him ten years ago would have imagined that under the pseudonym of Guy de Valmont was concealed the Guy de Maupassant, who was later to gain in the world a reputation almost equal to that of the masters. The clearness, concision, elegance—in fact all the characteristics of his style—appear in his earliest works, and betray an artistic temperament which has never failed to make itself felt in his later writings. When his skepticism and his irony give place to feeling, he proves that his is really a tender heart, full of love and pity, though restless and thirsting for the ideal. The lack of ease in his first compositions, and which was perhaps due only to apprehension and intimidation, disappeared with success, and he soon asserted himself as the skillful, graceful writer, to whose marvelous fecundity of invention the world owes so many charming books."

"THE COUNTY FAIR."

"The County Fair," which is to be put upon the boards of the Metropolitan Theater on Sunday evening, May 10th, is the climax of realism and rusticity. A picture of homely New England country life, it reveals types of character easily recognizable, while threaded through the story are strongly contrasted elements of comedy and pathos. Its story is simple and direct, and its situations dramatic and forceful. The central figure is a spinster, prim, prudish and practical—Abigail Prue by name—whose humor is the result of guilelessness, and whose anxiety for the welfare of the character of her environment is laughable in the extreme. She adopts two waifs, Tim and Toggs, who are thrown on her hands by circumstances, and eventually discovers that they are two relatives, long supposed to be lost or dead. The boy has been a horse jockey, and recognizes that Miss Prue's cold, Colt Molasses, is a "speeder," and trains him for the race at the county fair. Miss Prue is threatened with the loss of her farm by the foreclosure of a mortgage, but Tim wins the race and all ends happily. The play is so garnished that the auditor almost breathes the air of new-mown hay, hears the gurgle of the cascades in the hills beyond the old farmhouse. One set, the old barn, with its real hay, horses, cows and husking-bee and country dance, is one of the features of the place, while the running horse race, with three steeds mounted by jockeys, and actually running full tilt a mile, surpass in realism anything ever seen on the local stage.

STAGE NOTES.

Minnie Palmer sails for London May 15th.

Ida Sollee, a member of one of the best families of Florida, and an actress of more than ordinary merit, will star next season in a new Southern war drama now being written for her.

Marie Jansen will spend her summer in Europe.

Celia Ellis has gone to the City of Mexico for her health.

"Natural Gas" closes its season at Brooklyn May 9th.

Steele Mackaye is writing a new play for Lewis Morrison.

Sadie Martinot is in London looking about for a suitable play.

Ed. J. Buckley is mending quickly from his recent attack of paralysis.

Gus Williams and John T. Kelly will part company at the end of the season.

J. Charles Davis is organizing an English Lilliputian company for next season.

J. K. Emmet's residence, near Albany, is offered for sale. It is known as "Fritz Villa."

E. J. Ratcliffe will replace Nelson Wheatcroft next season at the Lyceum Theater.

Lillian Russell will go to London this fall to hear "La Cigale," at the Lyric Theater.

E. S. Willard will appear in Boston at the Tremont Theater before returning to England.

John A. Lane and Ben G. Rogers, lately of Booth's company, will support Modjeska next season.

J. D. Levy, the clever manager of "O'Dowd's Neighbors," is the youngest manager in the profession.

Bijou Fernandez will appear at the Lyceum Theater this summer with Robert Mantell's company.

Tommy Russell has been going to school the past winter. It looks very much as if the child-drama was dead.

Mrs. Langtry has sent to New York for all her furniture, and protests that she will remain in London for a long time.

Nellie McHenry's new play, "A Night at the Circus," which was especially written for her by H. Grattan Donnelly, will be produced at Philadelphia.

Henry E. Dixey swore in court the other day that he had no interest in "The Seven Ages" or "Adonis," and that he received a salary of $300 a week.

Rachel Booth is playing her old part in "Natural Gas" with her accustomed dash and sparkle. She is a clever dancer and singer, and is equally at home in farce-comedy or opera.

Robert Mantell not only seems to be the successor to the artistic mantle (no pun intended) of the late Lawrence Barrett, but to his liberal policy of encouraging native talent, as well.

J. Cheever Goodwin, one of the cleverest burlesque writers in America, has resigned his position as private secretary to Comptroller Theodore Myers, of New York City, and will devote his entire time in future to play writing.

Three years ago Stuart Robson paid $25,000 for the sole ownership of "The Henrietta." The day after its production in London an English manager cabled Mr. Robson an offer of ten thousand pounds for one-half interest in all English rights. Declined with thanks.

The property on Sixth Avenue, corner of Twenty-third street, New York, on which stood Booth's Theater has been sold for a round million of dollars. Since the theater was demolished nearly every tradesman who leased a store in the new building has failed.

WHAT IS LA GRIPPE?

Doctors Do Not Know and Disagree About the Fatal Disease.

La grippe, or influenze—the one a French and the other an Italian word—is one of the diseases which still remains a mystery to doctors—an opprobrium medicum. For centuries it has been a fatal visitant in populous quarters of the globe, and, while not so deadly and terrible as some of the earlier epidemics chronicled in medical history, still it leaves devastation in its path wherever it goes, with wrecked constitutions that fall an easy prey to the commoner every-day disorders which attack them subsequently.

The cause of influenza is still wholly a matter of speculation, but probably it is a disorder produced by some species of minute germ floating in the air and assailing humanity through the channels of respiration. There are hundreds of varieties of these microbes, many of which are known with absolute certainty to give rise to the maladies familiar to us as contagious and infectious diseases. Such bacteria are so small that, as has been said, a thousand of them could march abreast through a hole pricked by a fine needle in a piece of paper. It is no wonder, then, that particular species are difficult to discover, isolate and study. Furthermore, the science of bacteriology has a much more recent development than the last invasion of influenza preceding that of 1890, and expert microscopists are only beginning to investigate into the microbic origin of this disease. It will be some years before any definite scientific knowledge concerning it is likely to be obtained, for the nicety and accuracy required in such studies demand also a long period of time. Meanwhile charlatans and quacks will continue from time to time to announce pseudo discoveries, in order to reap their harvest of profits from deluded and suffering victims.

Supposing the germ theory of la grippe to be true, and there can scarcely be any doubt of this, we may imagine that in some remote corner of the world, usually Asia, the hot-bed of epidemics, the specific germs of influenza took their rise and were blown in vast numbers, like the pollen of flowering plants, over wide areas, even over Europe and to these American shores. All men inhaled them more or less, but in all men the tissues do not present an equally favorable soil for their development. A man in perfect health is almost, though not wholly, antiseptic. Those with constitutions debilitated by disease or age, or delicate by inheritance, easiest succumb to the encroachments of the parasites. Hence there is great variety in the symptoms. The air passages are usually first and sometimes solely affected. Inflammation is lighted up in the mucous membranes of the nose, throat, larynx, trachea and bronchial tubes. If the germs enter the blood there is a high fever, nervous depression, pains in various parts, and inflammatory changes may even invade more important tissues, such as the membranes of the brain, the pleura, the pericardium and the peritoneum. The effects of the poisons upon the nervous system are especially profound. There may be every degree of the affection, from the mildest cold in the head to the deadly involvement of vital organs.

We do not know why there should be so virulent an outbreak this year in some places. Perhaps the visitation of 1890, which destroyed so many and left others with frail constitutions, has rendered many individuals more vulnerable to a second sortie of the invisible foe. Possibly climatic and atmospheric conditions have been such that the germs have been multiplied and strengthened in some localities and diminished and weakened in others. Certain it is that while the influenza has prevailed everywhere this winter in the United States, North, South, East and West, to a greater or less extent, there have been much more serious outbreaks in some of the Northern and Western cities. Any reason given for this must of necessity be altogether theoretical.

It is obvious that, ignorant of the actual cause of the disorder, physicians are absolutely at a loss what to do to combat it. They can only treat the symptoms as they arise and do the best they can to sustain the strength of the patient. For the present we can rely only upon such methods, and it would be foolish and absurd to commend one remedy above another in a disorder which no one as yet understands. Under the circumstances one can readily see why what one physician heartily approves as a therapeatic agent in influenza is decreed by another as rank poison, the truth being that one knows as little about the matter as the other. It may be taken as an axiom that physicians always agree when they are confronted with scientific facts; they differ only as regards the unknown. The real lesson to be learned is prevention. Keep the body in good health by proper attention to hygienic measures, such as exercise, baths, diet and the like. The influenza will make but a futile onslaught upon such fortifications.—*New York Sun.*

IN RELIGION'S REALM.

Expressions from the Various Religious Newspapers.

The Religious Thought of the Day as Expressed in the Sectarian Press—Some Matters of Interest to Both Ministers and Laymen.

The *Christian Advocate* (Meth.) says: "The conduct of adults in charge of children is sometimes very trying. A minister was once preaching a dedicatory sermon, and in the middle aisle sat a woman with a child; she was apparently its grandmother. The child had a rattle; when it rattled it did not cry; when it cried it did not rattle; but did one or the other all the time, and the grandmother was indifferent to the racket. After the noise had continued for fifteen minutes and two-thirds of the congregation were looking at the performance, the minister, pausing, said: 'Persons having the charge of young children should not allow them to divert attention from the word of God.' The venerable dame seemed to think this a part of the sermon—a sound and edifying sentiment, but without application to her. After five minutes more the preacher said: 'It is astonishing how thoughtless some persons can be in allowing children to distract the attention of a whole congregation.' This, too, was considered another good sentiment. The third time the minister said: 'If the trustees do not remove that child these services will be closed.' The late Dr. Eddy, who had preached in the morning and was sitting in the pulpit, observed afterward that the three sentences were specimens of the didactic, the hortatory, and the admonitory."

The *Congregationalist* says of the French Canadians in New England: "They are in the main completely under the control of the Roman Catholic priests. They are not, as a rule, scattered about the country, but have settled in communities by themselves. In several cities they are numerically in the majority. They continue to speak their own language and to follow their own customs. They have societies to perpetuate their national traditions. In Lowell, Fall River and other cities there are sections in which, from the language heard, the signs on the stores and shops, and the appearance of the people, one might easily imagine himself in a foreign country.

"The ordinary influence of the church, the State and society will not make them American citizens or bring them in contact with a pure Christianity. They do not extensively read our newspapers. Their children do not attend the public, but parochial, schools. They are ignorant, superstitious devotees of the Roman Catholic Church. They are homogeneous, a foreign element compacted together in our midst. They are increasing rapidly, both by natural growth in numbers and by immigration. At no distant time they are likely to form an important, and by no means desirable, element in our political and social life."

The *Advance* says: "Through the pulpit of the Church of the Messiah and the accommodating interviewer, the Rev. Howard MacQueary, exile from the Canton, O., pulpit, had ample opportunity last Sunday to unfold his views to the people of Chicago. That a Unitarian church is the proper place for such views, and that they are quite out of place in an orthodox church, must be obvious to all who have read the reports of the sermons and the interviews, even to Mr. MacQueary himself. But it is not so apparent that Mr. MacQueary has been favored with the 'more light which is to break from the Word.' To say that Christ's birth was in the natural order, and that there was no physical resurrection, is not new light; it is simply flat contradiction or denial of the Word. The accounts of Christ's extraordinary birth, says Mr. MacQueary, are too uncertain to be accepted as literally true. But are they any more uncertain than the rest of the record? Are they not in the best manuscripts? Is there a single principle of exegesis or interpretation or historical accuracy which requires their rejection? Is not the extraordinary character of the event to which they bear witness the only reason for rejecting them? Does not Mr. MacQueary reject the accounts because he has gotten into a condition of mind which opposes acceptance of the supernatural generally? In regard to creeds he takes the sensible view that they are necessary, for they are simply another name for belief, and 'every man must believe something unless he is a lunatic.' 'The only question,' he remarks, 'is what kind of a creed it shall be.' This is true, and puts the whole matter in proper shape. Thus understood, Mr. McQueary is before the world to prove that his emasculated Gospel, his expurgated Matthew, Mark and Luke, are better than the old Gospel that we generally believe and teach to our children."

The Rev. Professor Herrick Johnson says in the *Interior* (Pres.) of Dr. Briggs' case: "Is it not time we called a halt on this sad and reprehensible business of misrepresentation and caricature? It will be a reproach to us if we are swept off our feet by a cry of alarm! The cry of alarm cannot change facts or repress truth. It may stampede a general assembly, or even the whole church. But such a thing ought not to be possible in this high noon of intelligent and balanced faith. Such things belong to that dead past where the church mistook her poor fallible interpretations of scripture for infallible scripture, and found out again and again to her sorrow that she had been substituting eisegesis for exegesis; as when she stamped 'the law of gravitation' and 'age-long creative days' as 'damnable heresies,' because they conflicted, not with the infallible word of God, but with her errant construction of that Word.

"The glory of Protestantism is an open Bible, free investigation, liberty of conscience, and welcome to truth. Let us not confound things that differ. There are 'rationalistic' higher critics, but there are also 'evangelical' higher critics. There is a natural history and a supernatural. There is traditional authority and there is divine authority. There is human authenticity, and there is divine authenticity. Suppose in this new field of Biblical criticism, which is the study of the Bible as literature, we are at last obliged to abandon some traditional views as to authorship and structure. If inspiration be left us, though a theory of it is exploded; if divine authenticity be left us, though a reputed human author sink out of sight; if Scriptural canonicity be left us, though historicity lessen somewhat its proportions; if divine authority be left us, though tradition bate a little its confident claim; if the infallible Word of the living God be left us, though God be found through the church, and possibly through the 'conscience and the religious feeling'—what matter?

"And we dare affirm that Dr. Briggs holds reverently and truthfully to all these, and to every other essential of that evangelical, Protestant, and Reformed system of doctrine which is the glory and the joy of our beloved Presbyterian Church."

On the same subject Rev. Professor William Henry Green, of Princeton Theological Seminary, says in the *Observer* (Pres.): "Dr. Briggs, as an individual, has the same right as any other man to form his opinions, to maintain and to disseminate them. But the solemn pledge required as the condition of assuming his professorship imposes limitations which may not be disregarded, and the issue raised by this inaugural is of the gravest kind. Kuenen and Wellhausen need ask no more for the introduction of their wildest speculations than the removal of the barriers which Dr. Briggs would throw down. Is the *Lehrfreiheit* of the German universities, the unlimited license there allowed to be the law of Presbyterian theological seminaries? Is it thus that the future ministers of our church are to be taught to wield the sword of the spirit, which is the word of God, for the salvation of men? And are they to be taught (Inaug. p. 27) that rationalists can 'find God,' and 'obtain a place in the company of the faithful,' without the church or the Bible, and without Christ?

"Such an issue should not have been forced upon the Church in this reckless way. Questions which should be settled by calm, scholarly discussion ought not to have been forced upon ecclesiastical tribunals. But the extreme partisan attitude so unwisely taken by Dr. Briggs at this juncture allows no discretion. It compels the Church, *nolens volens*, to face the alternative of indorsing or refusing to indorse the sentiments of his inaugural. To take no action is to indorse and quietly to suffer these sentiments to become the ruling policy in the seminaries of the Church for all time to come. And to do this is to change its base completely, to permit its doctrinal standards to fall into contempt, and to give up its cardinal tenet of the supreme authority of the Word of God."

And in the same journal the Rev. Dr W. G. T. Shedd of Union Theological Seminary says: "The 'holy men of God,' who 'spake as they were moved by the Holy Ghost' were not anonymous authors, like Walter Scott when he was the great unknown. They belonged to the Jewish people, their names are mentioned in the Bible in connection with the fact of their inspiration and the time of its occurrence. The moment, therefore that inspiration is severed from known individuals; the moment it is disconnected from the college of prophets and apostles it becomes 'inspiration in the air,' which is like 'revision in the air.' The keen and self-consistent advocates of the fragmentary theory, like Kuenen and Wellhausen, perceive that it is incompatible with inspiration, and speak accordingly, but some who are less logical, or more under the restraints of an evangelical connection, try to retain the inspiration of the Pentateuch while denying that Moses is its author. The Pentateuch, they say, was composed by some person after the exile, no one knows who. But whoever he was he was inspired. This would be the inspiration of indefinite persons like Tom, Dick and Harry, whom nobody knows, and not of definite historical persons like Moses and David, Matthew and John, chosen of God by name and known to men.

"These two theories of the origin of the Bible are now before the Presbyterian churches of Great Britain and America. The historical theory has been, until recently, universally accepted and taught. An effort is now being made to introduce the fragmentary theory. If it succeeds, it will revolutionize the entire theology of these churches."

As to the proposed action in the case of the approaching General Assembly, the *Evangelist* (Pres.) says: "If, in defiance of all remonstrance from any quarter, the General Assembly should assume the power, and undertake to impose upon the directors of the Union Theological Seminary its command to drop from its faculty one of its most distinguished professors, the board would be very likely to stand on its dignity, and ask, 'By what authority do ye these things? There has been no "election" which calls either for your approval or your veto.' All that has been done is this: That Dr. Briggs, already a professor in the seminary, has been transferred by a simple resolution, without notice, from one chair to another. He was not even nominated for an election, according to the constitution of the seminary, which requires that a nomination be made one month before an election takes place. A transfer from one chair to another is one of the internal matters which must be left to the convenience and discretion of the directors. If the assembly wishes to reach Dr. Briggs, it must be through the Presbytery of New York, and as that body has already taken the matter in hand, and may be presumed to be, what every presbytery ought to be, rightfully jealous of any interference with what belongs to itself alone, it would seem to be the dictate of respectful courtesy on the part of other presbyteries to leave to their New York sister the conduct of what is, according to all Presbyterian rules, its own proper business."

The *National Baptist* says: "A man of established orthodoxy may say what he pleases, but a man who is a little under suspicion cannot be too careful. It is an old story, and probably not true (but then, it might have been true), of the countryman who went into a public hall in Boston, at a time when Theodore Parker was preaching on the third story and Dr. Hague, a man of faultless orthodoxy, on the second story. The countryman, expecting to hear Mr. Parker, stopped on the second story and heard Dr. Hague. On going out, he said: 'A very smart man, but such doctrines would turn the world upside down.'

"If Mr. Beecher had said that two and two make four, a great many people would shriek that he was undermining the foundations of orthodoxy, and that, in a short time, both the church and the nation would be in ruins. But if Dr. John Hall or Dr. Cuyler should say that two and two make five, or ten, or twenty, or ten thousand, it would not damage their reputation by so much as a single hair, no, not a filament."

DEAD, SAYS THE LAW.

Queer Case of a Detroiter Who Was Wounded in the War.

"Did you ever see a dead man walking about?" queried a Griswold street insurance agent of a Detroit *Free Press* reporter.

"Of course not."

"Well, there is a case of it. See that man on the corner?"

"He looks pretty lively."

"Yes, but he is legally dead. Let me tell you about it. We served in the same Ohio regiment in the war. At the battle of Groveton, which took place a day or two before second Bull Run, he was detailed as a skirmisher. The Confederates pushed forward, and as the skirmishers were running back to the lines this man stopped for a moment on a little knoll. A shell came through a gap in the Confederate lines, entered the base of the knoll, and when it exploded he was lifted twenty feet high."

"And torn to pieces?"

"We thought so, and a thousand men saw the peformance. He was picked up by the Confederates, sent to a hospital, and then held a year and a half as a prisoner of war. Our Captain reported him dead, he was carried down the rolls as such, and even now the tangle has not been straightened out. When taken prisoner the Confederates put him down as James instead of John, and that helped to mix matters."

"But was he badly wounded?"

"No. He did not lose a drop of blood, but was simply stunned, and it was six months before his hearing was fully restored. He has paid a claim agent over $500 to secure his discharge as a Union soldier, but he has not got it yet."

CURRENT NEWSPAPER WIT.

It has come! There's no denying,
Rumors thick of war are flying;
If you'd make a penny pretty
Get a corner on spaghetti.

It is curious about people who cannot sleep nights. They can always sleep through chore time in the morning.—*Binghamton Republican.*

The shad is just coming into season. It is highly probable he will represent the part of the skeleton at the feast for some time to come.—*Philadelphia Times.*

The men who do not agree on any possible points of doubt are the ones that seem to find the most pleasure in each other's society.—*Washington Post.*

The saying, "Nothing succeeds like success," was probably invented before the modern "business failure" system of succeeding was discovered.—*New York Herald.*

Revivalist: "Do you ever cast your bread upon the waters?" Sinner: "No; my wife belongs to a cooking school, and I have too much compassion for the poor fish."—*New York Herald.*

"By Jove!" said the museum man, turning pale. "What's the matter Rupert?" ask his wife. "I forgot to send the dog-faced boy any supper, and he is looked up in the same cage with the ossified man."—*New York Sun.*

Pity without help is a man without arms asking a drowning man to come out of a pond.

GET STRONG THIS WAY.

Exercise Gently and Regularly is the Best Plan.

Women as Well as Men May Make Muscle in the Most Simple Manner—Good Advice That is Worth Reading.

Physical beauty has always been admired. Intellectually John L. Sullivan, the champion pugilist, is nothing; physically he is a model and a wonder. William Muldoon has a form of magnificent proportions, which he has built up only with the greatest care and devotion. The splendid development of both men is due entirely to systematic exercise. Of course each of these men had a good constitution to start with, but so have a large majority of the rest of male creation.

There is little excuse for dyspeptic and puny young men, and it is a noticeable fact that this phase of humanity is becoming a rarity in the metropolitan district. More athletic, rosy-cheeked young men can now be seen in Broadway in half an hour's promenade than could be found in a week's hunt say ten years ago. This encouraging change has been brought about by the increased interest in athletic sports which is strikingly illustrated in the rapid growth of athletic clubs all over the country. There are hundreds of athletic clubs in the metropolitan district, and there is room even for more. Private or school gymnasiums are springing up rapidly, and if signs are trustworthy, the coming man will improve in physical beauty and strength.

The object of man is to live well and long, and the man who takes proper exercise enjoys life better and lives longer than the man who is too indolent or careless to exert himself in some wholesome recreation. There is no system of athletics or hygiene which will insure life eternal, but a proper care of the physical as well as the mental being will come as near causing long life as anything which has ever been discovered. A man in vigorous health is generally in comfortable circumstances. He may not be wealthy, but with a well-balanced mind and body he is in good condition to appreciate the good things which are his.

An ancient anthropologist once said that he could form a correct estimate of a person's character by his walk, or by observing him closely when he was going about his daily functions. The man who loves fresh air and uses the means of locomotion furnished by nature and is of sound mind and body cannot be deprived. Every man or woman, or boy or girl who sets aside a certain part of each day for healthful exercise has never been heard to regret the time spent in that way and never will. In spite of the occasional howls heard against college sports, it is acknowledged that as a general thing the athletes at college are almost invariably good students, for a healthy body will tend to produce an active mind.

Physical culture was recognized by the ancient Greeks as being as necessary to mankind as mental cramming. From early life the boy received disciplined training at the gymnasium with the view of equipping him with the necessary strength with which successfully to battle against the world and against hostile nations. The Greek parent's highest ambition for his son was for him to be able to render his country martial aid. Another incentive was the heir's selection as a representative participant at the great Olympic games. For nearly a year previous to the contests the young man had to train himself carefully.

The proper development of the human body has proved an interesting study to men of many minds. Physicians tell their patients that sensible exercise will often accomplish more than all the medicines in creation. Impaired constitutions and sluggish blood are generally brought about by laziness, pure and simple. To bring out the dormant muscles, the means is in the reach of every man, and it is not at all compulsory that you should be a member of some fashionable athletic club. A pair of dumb-bells or Indian clubs in your own room or in the back yard will be just as well.

The writer talked to a well-known physician the other day, who said that if the rising generation continued to be such close students of physical culture the pill boxes and doctors' prescriptions would have to go.

"I am as careful about my daily routine of exercise," he said, "as I am about my meals. I would just as soon think of doing without my breakfast as I would to omit moving around a pair of dumb-bells in the morning. I sometimes use a pair of Indian clubs, but, as a general thing, I prefer the iron bells. I find that such exercise in the morning knocks sleep out of my eyes and makes me feel like a young colt, and I tackle my breakfast with the appetite of a savage. Some of my patients tell me that they have no appetite for breakfast, but there is no use for me to say anything; they know the reason why."

"And your programme is what?" asked the reporter of the well-developed physician.

"Oh, I don't know that I have any regular programme. Yet my plan must be a good one, for I seldom find it necessary to administer to myself any of my own medicines. I have a pair of dumb-bells, weighing five pounds, and Indian clubs which weigh probably a pound less. When exercising one should not be encumbered with unnecessary clothing or heavy garments of any kind. The best time to begin exercise is as soon as you get up. If you have a private room or have access to one go there and throw off all clothing. Then from five to fifteen minutes' work with the bells will do worlds of good. I increase the exercise until a gradual perspiration comes. Then I go to the bath-room and take a plunge into a warm bath. That opens the pores of the skin and is refreshing and invigorating. Then I allow, say, half of the water to run out of the bath-tub and turn on the cold-water faucet. The cold water closes the pores and after a vigorous rub down with a coarse towel I am ready for a hard day's work and in no danger of catching cold. By following such a course I will guarantee that New York's hungerless hundreds will look upon their morning meal with delight and will have the keenest of appetites."

"I find that too much exercise is worse than none and I would especially advise beginners to go slow at first and with the lightest of instruments. Two-pound dumb-bells are heavy enough for some people, even after they have gone through a regular course of training. Of course the weight of clubs or bells for beginners depends largely upon the strength and condition of the athlete. One would better begin with two than five pounds anyway, no matter what the condition, for a heavier pair can be substituted when desired."

The writer then visited the athletic instructor of an uptown athletic club to get his recipe for a good blood circulation and muscular activity. "Walking is good exercise," said he, "but those who are fortunate enough to have access to a well-appointed gymnasium ought to have nothing to complain of. Then you can have a choice of Indian clubs, dumb-bells, bar-bells, pulley weights, horizontal bars, vaulting poles, parallel bars, trapeze, rings, ladders, spring-boards, vertical poles and rings, quoits and other paraphernalia."

"But to the other three-fourths of the world, who never go to gymnasiums, what would you advise?"

"Plenty of walking in the open air, moderate but regular exercise with bells and clubs, and plenty of sleep. Contentment of mind is also a great health-producer. In swinging Indian clubs, hold the body erect, with the chest thrown out and the legs well braced. The many movements with the clubs are complicated and are difficult to explain. It is a good idea to begin with one club until a certain number of movements have been learned. Then the educated member will act as a tutor to the left arm when the would-be athlete thinks himself capable of using two clubs. The cultivation of the physical powers should be progressive, beginning slowly and gradually increasing. Great athletes when training use dumb-bells weighing from one to three pounds. Fools use ten-pound bells. Gentle perseverance will do all that is necessary, but any exertion which overstrains the body may do great harm. Exercises should graduate from single movements with light clubs or bells and the beginner should be careful not to overtax the muscles and ruin the system by overexertion.

"The lifting of heavy weights should be avoided for the reasons given above, for such exercise tends to exhaust vitality rather than to develop strength. I had a pupil not long ago who in his street attire looked like a Hercules. He was about six feet in hight and must have weighed about 180 pounds. I put him through a few movements with clubs and bells, but after five minutes' work he was so exhausted that he had to sit down. Then I investigated and found the cause. His flesh was as soft as a baby's, and he would have been as much use in a trial of strength and endurance as a 16-year-old boy. If he had run a block he would have dropped dead from apoplexy or heart disease. He told me that if he leaned back suddenly in his chair and ran against any obstruction a black and blue bruise would result.

"His arms were big enough, but were soft and flabby, and he was desirous of having his arm developed, especially the forearm. After a month's work his arm is hard and firm, and he is now taking boxing lessons and bids fair to become a healthy pupil. The trouble with most beginners is that they rush through their work and in five minutes they are entirely exhausted and tired out. They have not benefited themselves a particle.

"One young man came to me some time ago. He was about 25 years old, and his muscular development was superb, with the possible exception of his forearms, which were not so robust as they might have been. He thought an inch in circumference added to each arm below the elbow would satisfy him. I guaranteed to add that inch of muscle in four weeks if he would follow my instructions. I first got a pair of corks usually held in the hands by long-distance runners. They weighed an ounce each, but it gave him something to grip. I told him to extend his arms at full length, holding them almost rigid. I made him move his hands toward his body and back again. The wrist alone seemed to be getting any benefit, but such was not the case. The muscles in the forearm were drawn back and forward, as any one who tries the movement will readily see. The movement was indulged in regularly for a month, and those arms not only got as hard as pieces of steel, but nearly an inch and a quarter was added to their circumference. When he closed his hand the muscles in the forearm stood out like strips of pork tenderloin. There were furrows between the muscles into which you could lay a lead pencil.

"I have been consulted by clerks and newspaper men in regard to 'writers' cramp,' and by typewriters and telegraph operators, who are troubled not only with 'writers' cramp,' but also a stiffening of the wrist. I had a telegraph operator here a few months ago who said that his wrist had given out through the constant tapping on the bottom of the instrument. He had been compelled to learn to use his left hand in sending dispatches and his work was necessarily slow. I put him through a simple course, and now he is using his right arm with the same freedom as of old. I gave him a sponge to grip, and showed him a regular movement for the fingers. Then I gave him the corks and put him through the same course I did the young man who wanted the circumference of his forearm increased. These simple, easy movements do the most good, and their very simplicity is probably the reason why people fail to recognize their powerful eqect."

An up-town physical institution recently established already has its full quota of students. They are sent through daily calisthenics and light exercises. Only the lightest of instruments are used. The dumb-bells for women and children are generally of wood, and are made of maple, birch, rosewood and lignum vitæ. Some of the young women have become so proficient that they are now adepts on the parallel bars and rings. A half-dozen young women daily put on the boxing-gloves, and their friendly "set-tos" are not only interesting, but are really artistic at times. They understand the mysteries of the "upper-cut," the round-arm blow and the straight facial "punch" as well as their robust brothers. The women and children at the start are not allowed to take any violent or sudden exercise which would strain dormant muscles. The instructor is quick to notice fatigue, and the student is taken out of the line and forced to rest, the system being to practice a little at a time, but often.

The writer spent several hours in the gymnasium of the New York Athletic Club the other day, watching the athletes of that admirable institution at their daily exercises. The most prominent figure on the floor was Alexander A. Jordan, who is one of the Board of Governors of the club and is also the all-around champion athlete of America. Jordan is a "gentleman athlete" in the fullest sense of the term, and possesses a constitution that many a millionaire would give half his wealth to possess. Although Jordan can toss a 56-pound weight around with remarkable ease, he is not an advocate of such heavy work for the average man or athlete. He insists that heavy dumb-bells or Indian clubs are of little practical value to anyone.

"One who uses a heavy dumb-bell encourages a one-sided development," said Jordan. "Of course if two bells are used this undesirable development is in a measure discouraged. The use of heavy bells will of course harden the muscles, but they do not give that elasticity and pliability which are desirable, and which follow the systematic use of lighter weights."

"How do you train for the annual championship?" asked the writer.

"In probably a much more simple manner than most people imagine," said the champion. "Say a month or six weeks before the contests I go into what is called 'regular training.' I do all my work, or nearly all, with a pair of five-pound dumb-bells. I generally use the bells for an hour each day. I find that the more simple movements have the best results. For instance, holding out the bells at arm-length and moving the hands backward and forward is good exercise for the wrists and forearm.

"Then put the bells at the chest and with a swinging movement bring them up until they touch over the head. This strengthens the wrist, arms and shoulders. Then strike a boxing attitude and go through the movements one sees in our amateur boxing tournaments. This movement is good for the wind and it will send the blood coursing through one's veins with a healthy rush. Then bring the bells back from the shoulders and make them touch in the rear, if you can. This will expand the chest and bring the lungs into healthy action.

"Put the bells on the floor, grab them and bring them over the head and down until they touch the shoulder-blades. Another good movement for the arms and shoulders is to allow the arms to fall to the sides with the palms in. Then raise the bells under the armpits."—*New York Tribune.*

Eagle and Jack Rabbit.

While hunting antelope on the prairies of Colorado I was the witness of a very interesting chase between an eagle and a jack rabbit. The various circles and downward sweeps of the eagle attracted my attention, and I resolved to ascertain the reason. I put spur to my horse and succeeded in gaining an elevation from which a good view of the chase could be had. The rabbit to all appearances was very much bewildered, and would run first in one direction and then another, and sometimes in circles, its pursuer, the eagle, following in turn. Finally the eagle, as if tired of his sport, with a vicious downward swoop, and a stroke of the wing, laid the rabbit out lifeless on the prairie. At this moment I gave a tremendous yell, and at the same time rode rapidly toward them, which had the desired effect of frightening the eagle away, leaving its victim in my possession, which turned out to be the only game I bagged that day.—*Forest and Stream.*

BEECHAM'S pills cure sick headache.

Capay Valley Lands.

A CAPAY COLONY.

Busy Fruit-Growers in a Pretty Yolo Valley—Tancred and Its Adjoining Farms.

IN THE SPRING OF LAST YEAR Robert A. and Neal D. Barker associated themselves with William McKay, all of Oakland, with a view of searching out a suitable location in which to engage in the profitable occupation of fruit-growing. After visiting many localities, they decided on the Capay Valley, Yolo County, and the Rhodes tract at Tancred.

Negotiations were opened with the Capay Valley Land Company, owning the tract in question. With W. H. Mills, the General Agent of that company, they arranged for the purchase of about 220 acres of foothill land. This being more than they had thought of taking for their own use, they spoke to a number of friends about it, with the result that the tract was divided among the following people: B. L. Hickok, 40 acres; W. T. Barnett, 20 acres; N. T. Greathead, 20 acres; Mrs. L. Greathead, 20 acres; W. McKay, 20 acres; N. D. Barker, 20 acres; R. A. Barker, 20 acres; J. P. Brownlee, 20 acres; E. H. Haslett, 10 acres; Joseph Barker, 10 acres; A. W. Kelly, 10 acres, and Frederick Kelly, 10 acres.

So far this had been merely a private venture of the gentlemen above named, but in talking up the question of dividing the land already purchased, it was found that so many more would like to join it than the area of the purchase would admit of, that it was suggested on all hands, "Why not get some more land and divide it up in the same way?" Then followed the idea of a stock company to take hold of a larger tract and arrange for the cultivation of the whole of it, after subdividing it according to the requirements of the subscribers. A provisional board was formed, a prospectus issued, and finally, on the 5th of June, 1890, the Western Co-operative Colonization and Improvement Company was duly registered and proceeded to business, with the following officers: President, William McKay; Vice-President, M. P. Brown; Directors—H. C. Ellis, Charles Brooke and R. A. Barker; Secretary and General Manager, Neal D. Barker; Solicitor, C. E. Snook; Treasurer, First National Bank of Oakland.

The balance of the tract, 373 acres, was purchased. A contract was entered into for the purchase of a large number of fruit trees, vines, etc. This early purchase of trees was the means of saving between $3,000 and $4,000 to the company, the prices in some cases having more than doubled since then.

The ideas which the prospectus set forth have been but slightly modified and the progress of the company has been uninterrupted. Those who went into it doubtingly have become enthusiastic, and almost all the members arranged to set out all their lands in fruit trees, etc., the first year. Consequently in this, the first season, some 40,000 trees and between 20,000 and 30,000 vines will be planted.

The satisfactory working of this scheme has had the effect of attracting considerable attention to the work of the Colony Company, and a number of people are now desirous of joining in with them. An additional 200 acres have been added to the sixty acres originally purchased.

For the company is predicted a very bright future, as well as for the beautiful valley in which their operations are conducted. How this marvelous little garden has come to be so long neglected is a puzzle to every one who has visited it, but one thing is very sure, and that is that this neglect will never again be felt in the valley.

The fruits set out are mostly of the standard varieties—peaches, apricots, Bartlett pears, prunes, figs, raisin grapes, etc., while along both sides of the avenues, throughout the tract, walnuts will throw their grateful shade. A considerable number of citrus trees are also being set out; quite a sufficient number to demonstrate that these fruits can be successfully grown in the valley, about which the colonists appear to have no doubt, provided proper care is given to the young trees. Neal D. Barker, General Manager of the company, resides on the tract, and to his care is to be ascribed much of the success of the venture.

Mention should be made of the town-site, about which there is a pleasant innovation which might with profit be followed by more ambitious places. A small park of some three acres has been laid out right in the center of the town. This park it is proposed to beautify by planting in it from time to time as many of the beauties and curiosities of tree and shrub life as may be obtained by diligent search and a wise expenditure of money. It is not expected that Tancred will ever be a large and busy city, but it is thought that it can be made a very pleasant little place to dwell in.

A petition has been circulated recently and very largely signed, asking the county to accept Island avenue, on the colony tract, as a county road, and to build a bridge across Cache Creek at this point, in order to give the settlers on the east side of the creek access to Tancred Station. The Tancred colonists are quite willing to give the necessary right of way, and are very desirous of having a bridge there, as the colony lands extend along both sides of the stream. It is thought that it would be a very wise expenditure of public money to grant them this very necessary improvement, as the operations of such companies are of widespread benefit to the whole county and State. The attractions and comforts of the cities are well known, but to those who are willing to settle on the land and show that the country also affords attractions and comforts, and ways of making money pleasantly, every inducement should be held forth.

The following is a list of the principal members of the Tancred Colony, with the number of acres owned by each, and a fact worthy of mention is that in each contract or deed issued by the Colony Company there is a provision that no intoxicating liquor shall ever be manufactured or sold on the land. The apparent success of the enterprise shows that the ideas and plans of the colony, as set forth in the prospectus some time ago, are not impracticable: C. T. Hull, Berkeley, 5 acres; W. P. Hammond, Oakland, 14 acres; C. S. Kasson, San Francisco, 11 acres; Jos. Barker, 10 acres; A. W. Kelly, Kincardine, Ont., 5 acres; N. T. Greathead, 5 acres; R. G. Greathead, Oakland, 10 acres; R. A. Barker, San Francisco, 10 acres; N. D. Barker, Tancred, 10 acres; Dr. K. Favor, San Francisco, 27 acres; J. P. Brownlee, Kincardine, Ont., 9 acres; W. T. Barnett, Berkeley, 5 acres; M. P. Brown, 10 acres; Chas. Brook, Sr., Oakland, 10 acres; W. C. Boutelle, Berkeley, 20 acres; Mrs. T. A. Crellin, Oakland, 5 acres; C. H. Peach, Tancred, 5 acres; H. C. Ellis, Oakland, 10 acres; J. Vanstone, Winnipeg, 10 acres; E. A. Vanstone, Tancred, 5 acres; E. Wadsworth, Sacramento, 5 acres; M. A. Thomas, Oakland, 6 acres; James Graham, San Francisco, 11 acres; A. Stark, 12 acres; J. Stark, 10 acres; Mrs. M. Vrooman, 5 acres; C. E. Snook, 10 acres; C. T. Greathead, 12 acres; Wm. McKay, 5 acres; Mrs. Wm. McKay, Oakland, 5 acres; Mrs. E. C. Wooley, Brooklyn, N. Y., 10 acres; Mrs. H. Beckley, Oakland, 5 acres; T. A. Marriett, 5 acres; J. C. Harrison, Tancred, 5 acres. The land reserved by the Colony Company, including townsite, consists of 61 acres.

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