# PACIFIC TURN-BEZIRK.

## Its Fourteenth Annual Festival in This City.

## THREE DAYS OF FESTIVITIES.

### The History of the Pacific Turn-Bezirk, and What Composes It.

### LOUIS JAHN, THE FIRST TURNER.

### Interesting Sketch of His Life, and of the Origin and Growth of the Turn-Verein in Europe and America.

The first three days of the week commencing on Sunday, the 21st of June, will be days of joy and merry-making among the German-born citizens of Sacramento, especially those who are members of the Turn-Verein. They will be joined by several hundred delegates from the various Turner societies composing the Pacific Turn-Bezirk, who will assemble here to celebrate their fourteenth annual festival.

The festivities will commence on the arrival of the guests on the evening of Saturday, the 20th, and will continue through Sunday, Monday and Tuesday.

On Saturday evening there will be a grand reception of the visiting societies at the depot, on the arrival of the 8:10 train from San Francisco and way places. A procession will be formed, and, under escort of the military, civic organizations and citizens, will march through the principal streets to Turner Hall, where President Louis Lothhammer, of the Sacramento Turn-Verein, will deliver an address of greeting, and Mayor Comstock will formally welcome the visitors. During the procession there will be an illumination along the line of march, and a grand display of fireworks.

AT RICHMOND GROVE.

On the following day (Sunday) the delegates will all meet at Turner Hall in the morning, form in procession and march to Richmond Grove. Here there will be a grand chorus of all the singing societies; competition in gymnastic exercises by classes and individuals; concert, dancing, and games, prize fencing, prize club-swinging, etc.

At 3 o'clock P. M., Theodore Rank, President of the Pacific Turn-Bezirk, will deliver an oration.

In the evening there will be a grand gala performance at the Clunie Opera-house, given by the Dramatic Section of the Oakland Turn-Verein, comprising twenty-two ladies and gentlemen, under the leadership of Max Laurence. The piece is entitled, "Der Walzerkoenig" (Waltz King), and is in four acts, with songs and dances.

SECOND DAY.

On Monday the societies will again form in procession at Turner Hall at 8:30 A. M. and march through the principal streets to Richmond Grove, where there will be a continuation of gymnastic exercises (for prizes), such as wrestling, jumping, vaulting, climbing and fencing. There will also be dancing during the day and a concert.

In the evening a mammoth concert and ball will be given at the new Pavilion, where the prizes won at the various contests will be awarded.

THIRD DAY.

The last day of the festival will be devoted to prize-shooting, swimming, visits to the principal places of resort, etc.

In the afternoon the visiting delegates will be escorted to the depot on their return to their homes.

PACIFIC TURN-BEZIRK.

**Societies Composing It—The Present Officers—Etc.**

The Pacific Turn-Bezirk was organized October 9, 1859, and is composed of: San Francisco Turn-Verein, 386 members; Sacramento Turn-Verein, 144 members; Stockton Turn-Verein, 94 members; Oakland Turn-Verein, 119 members; San Jose Turn-Verein, 115 members; Napa Turn-Verein, 48 members; Eintracht San Francisco Turn-Verein, 86 members; Forwaerts San Francisco Turn-Verein, 98 members; St. Helena Turn-Verein, 88 members. Total, 1,178 members.

The financial condition of the Societies is very flourishing.

The present officers of the Bezirk are: Theodore Rank, President; F. Hauer, Vice-President; B. Lenz, Recording Secretary; P. Warkeutin, Corresponding Secretary; R. Klein, Treasurer; L. Henning, Bezirk Turn-Leader; Supporters, L. Wangenheim and The Lenzen; Practical Commiteee, L. Weber, E. Popp, C. Pobritz, L. Henning, F. Butler.

The southern part of the State is named the South California Turn-Bezirk, and includes the Turn-Vereins of Los Angeles, San Diego and San Bernardino. There are seven Turn-Vereins included in the South California District. The North Pacific Turn-Bezirk comprises Turn-Vereins of Portland, Oregon; Seattle and Tacoma, Washington. Some six Vereins have been organized in this district up to 1890.

THE FIRST TURN-VEREIN

On the Pacific Coast was organized at San Francisco on August 14, 1852, and for many years the hall on Bush street near Stockton was a very popular resort. Concerts, music, dancing and enjoyments of various kinds rendered the old Turn-Verein Hall one of the features in the early history of San Francisco. On Sunday evenings the hall was always crowded to its utmost capacity, and the music was usually the best the country possessed at that date. Since that time the Turners have built three very fine halls, named the Turn-Verein, Eintracht and Vorwartz. They are an ornament to the city, and have 1,500 members. Over 1,000 scholars of both sexes are being instructed in the Turner schools. These schools are under the management of experienced teachers and the pupils are the most orderly and well-behaved children to be seen anywhere. They reflect honor on the managers of the Turn-Vereins, and are the best living examples of the valuable lessons they have been taught. It is a sight well worth seeing to witness these children at their exercises. Boys and girls perform their exercises together, and at a signal from the teacher all is as quiet as possible. The healthful exercise enjoyed in these gymnastic schools enables the scholars to excel in every branch of mental education. There is no doubt that every child is improved mentally as well as physically by these gymnastic exercises.

SACRAMENTO TURN-VEREIN.

The Sacramento Turn-Verein was organized June 2, 1854, with Theodore Steudeman, President; George Meyer, Vice-President; Ph. Kitz, Treasurer; I. W. Lehman, Secretary; Rudolf Nebel, Propertyman; Heins Lux, First Turn Leader; Jacob Knauth, Second Turn Leader.

At the present time there are still many of the charter members active in the society. The object of the Turner Society is physical and mental training.

The present officers are L. Lothhammer, President; J. Wollmer, Vice-President; G. Kortstein, Recording Secretary; L. Stratmann, Corresponding Secretary; J. Lang, Treasurer; C. Iser, Financial Secretary; F. Ruhstaller, Jr., First Turnwart; O. Raif, Second Turnwart, C. Graze, Propertyman; C. M. Blum, Librarian. C. H. Krebs, H. Goepel and G. W. Newmann, Trustees.

The membership roll of the society is as follows:

| | |
|---|---|
| R. Ackerman, | A. A. Kraft, |
| J. Asher, | C. E. Kleinsorge, |
| J. Arnold, | J. Kost, |
| E. Bayer, | C. Lages, |
| C. Beermann, | J. Lang, |
| A. E. Brune, | L. Lothhammer, |
| F. Biewener, | A. Lothhammer, |
| W. C. Bowers, | A. Laue, |
| J. Buckley, | J. Lund, |
| W. Bodefeld, | L. B. Mohr, |
| F. Bormann, | F. Mason, |
| J. H. Brosius, | F. Mackfessel, |
| A. Binsel, | V. S. McClatchy, |
| C. M. Blum, | A. Meister, |
| E. B. Carroll, | B. Mangold, |
| C. Dosh, | G. Newman, |
| E. Dieterle, | P. Newman, |
| D. F. Dillman, | L. Nicolaus, |
| J. Dierssen, | H. Neuhaus, |
| F. Ebner, | J. Nagele, |
| E. G. Ebert, | C. J. Noack, |
| W. A. Ebner, | C. S. Ott, |
| F. G. Eisenmenger, | F. Rink, |
| A. Eberhardt, | A. H. Rott, |
| C. Flohr, | F. Ruhstaller, |
| H. Fischer, | F. Ruhstaller, Jr., |
| E. Faig, | R. Reuter, |
| A. H. Fabian, | B. Ruhl, |
| F. A. Fisch, | A. Ratcke, |
| J. Gattman, | C. Raiff, |
| F. Glatz, | G. Rhul, |
| H. Goepel, | P. Scheld, |
| E. Goepel, | G. Schroth, |
| C. Goepel, | J. Schaden, |
| P. Graf, | C. Schmitt, |
| J. Groth, | C. Strobel, |
| J. Gruhler, | J. Storch, |
| C. E. Grunsky, | H. Stoler, |
| A. Griesel, | F. Siecke, |
| A. E. Gruhler, | H. J. Seymour, |
| J. Gruhler, | S. Stuermer, |
| C. Graze, | J. Seadler, |
| F. Gruenther, | M. Steinmitz, |
| C. Hartig, | C. Schneider, |
| G. Hazelstein, | L. M. Schwoerer, |
| Ad. Heilbron, | A. Scheld, |
| Aug. Heilbron, | J. G. Schaw, |
| H. Heilbron, | L. Stratmann, |
| Aug. Heilbron, Jr., | C. E. Scheunert, |
| W. F. Hillebrand, | C. Schearer, |
| Y. H. Hanswizka, | G. Staufer, |
| J. Haub, | H. Schulz, |
| J. H. Heitmann, | J. J. Trarbach, |
| R. Hellmann, | C. N. Thompson, |
| C. Iser, | F. F. Tebbets, |
| C. C. Jurgens, | J. H. Vogel, |
| C. H. Krebs, | H. Weinrich, |
| F. H. Krebs, | J. Weil, |
| J. Kearth, | B. Wilson, |
| M. Kestler, | C. Wahl, |
| C. Kleinsorge, | F. Williams, |
| A. Klein, | G. Wissemann, |
| F. Knauer, | A. Wertheim, |
| J. Knauth, | J. Wollner, |
| F. Kolliker, | A. Weber, |
| J. Kromer, | C. Wieger, |
| G. Kortstein, | A. Hollmann, |
| F. Kuensting, | C. Yoerk, |
| A. Kinkel, | F. G. Yoerk, |
| J. B. Klune, | F. G. Yoerk, Jr. |

ST. HELENA TURN VEREIN.

Present officers—Erster Sprecher, Von Schilling; Zweiter Sprecher, Philip Siess; Erster Schriftwart, Charles Reigert; Zweiter Schriftwart, Con. Meyer; Sakelwart, Jac Graf; Erster Turnwart, Fred Graf; Zweiter Turnwart, Jordan Fessen; Zenwart Hrahn; delegates to the Pacific Turn Bezirk, D. Fried and J. Reese.

STOCKTON TURN VEREIN.

Organized June 4, 1854. Present officers—Chas. Yost, President; P. Wilke, Vice-President; J. Simon, Treasurer; Charles Grunskey, Financial Secretary; J. Wirth, Recording Secretary; P. Peikert, First Turnward; B. Bilka, Second Turnward; F. Lambert, Librarian.

OAKLAND TURN VEREIN.

Organized January 20, 1867, by Charles Kramm, Frank Senram, D. Vogt, F. H. Sohst, R. Kuertzel, I. Nartens and Charles Reier.

Present officers — President, Dr. H. Muhr; Vice-President, A. Kayser, Secretaries, H. Pflug, Ferd. Fisher; First Turnward, Charles Steinbeck; Second Turnward, George Kirchner; Treasurer, Theo. Gier.

SAN FRANCISCO EINTRACHT SECTION.

Organized October 17, 1877. The present officers are: President, William Scheppler; Secretary, Hugo Hahn; First Leader, G. Dahmke; Second Leader, M. Lehmann; Treasurer, G. Ungermann; Sergeant-at-Arms, Phil Knack; Instructor, H. C. F. Stahl.

SAN FRANCISCO TURN-VEREIN VORWARTS.

Organized January 11, 1880. Present officers: President, E. Soedler; Vice-President, F. Kaulfuss; Firse Treasurer, D. Salfield; Second Treasurer, Ph. Schweier; Recording Secretary, F. Kertz; Corresponding Secretary, G. Schroedel; First Warden, Dr. M. Magnus; Second Warden, M. Lehmann; Librarian, Ph. Schweier.

Delegates to Turn-Bezirk: Dr. M. Magnus, M. Lehmann, C. Harding, M. Meyer, W. Eicher, F. Steineke, P. Strickert, W. Jurgens, G. Schroedel, F. Danzig, E. Soedler, G. Kwanka, A. Wilhelm, H. Buntrock, E. Kaulfuss, E. Schilling, A. Munich, F. Kaulfuss, W. Tietjen, H. Grundel.

OTHER VEREINS.

The other Turn-Vereins, the lists of officers of which have not been received, are:

San Francisco Turn-Verein—Organized August 14, 1852.

Marysville Turn-Verein — Organized November 17, 1856.

San Jose Turn-Verein—Organized June 14, 1868.

Napa Turn-Verein—Organized April 18, 1871.

Petaluma Turn-Verein—Organized May 16, 1874.

THE FIRST TURNER.

**History of the Order, Since Its Foundation by Louis Jahn.**

The grand order of Turn-Vereins was founded by Frederick Louis Jahn, who was born at Lanz on August 11, 1778. He was the son of a pastor, and received at the University of Halle a very thorough education. He was always fearless, outspoken, and by giving vent to his opinions, soon came in conflict with the authorities. It was in those times an offense to love the country in preference to the Princes who governed it, and the greatest of his crimes consisted in advocating the doctrine of a United Germany. The same idea for which Jahn was punished, Bismarck became great, but he was in authority and could force his opinions on the country. But such ideas must not be advanced by such a man as Jahn.

In the year 1806, when the victorious legions of Napoleon overran Germany, John joined the Prussian army too late to take an active part in the battles of Jena and Auerstadt, but not to late for him to see the true condition of affairs in the country of Frederick the Great. Years passed away, and all political feeling and pride of country slumbered under the iron hand of the conqueror. Only a few men like Stein, Schonmann, Blucher, Sneismann, and last, but not least, Jahn, the "Father of the Turners," worked silently, and awaited the dawn of a brighter day.

HIS FIRST SCHOOL.

Jahn, knowing well that, in the struggle which must of necessity arise, the growing population would be called to arms, to throw off the yoke of the foreign oppressor, and being familiar with the old saying, "In time of peace prepare for war," opened on November 10, 1810, his first Turning or Gymnastic School for the physical culture or education of the children and young people of Berlin. The greatest secrecy had to be preserved to prevent the main object of the order from being discovered. While to a casual observer the apparatus used in the gymnastic exercises was absolutely harmless, the underlying principles of his teaching, the doctrine of German unity, was also taught to the scholars, who venerated their noble teacher. His schools for instruction on the parallel and horizontal bars were held at any place he could secure, and while the physical development of the people seemed to be the sole end and aim of the order, the liberation of Prussia from the power of Napoleon was the prime object.

At this time Napoleon was in the zenith of his glory. His empire extended, in 1811, from the borders of Denmark to those of Naples. It included present France, Belgium, Netherlands, Oldenburg, Bremen, Hamburg, Lubeck, Germany west of the Rhine, Corsica, Italy, except Naples, and the Illyrian provinces. Holland, Westphalia and Naples were ruled by the kinsmen of Napoleon; his brother Joseph was on the throne of Spain, though not securely, and Bernadotte, one of his Generals, had been chosen Crown Prince of Sweden. He held in subjection the German States, as protector of the Confederation of the Rhine; and also the Helvetic Confederation, into which he had formed the Swiss Cantons; Austria was subdued to his bidding, and Russia seemed his firm ally.

JAHN'S PATRIOTISM.

No wonder that, under such a showing, Mr. Jahn should try to devise some means to relieve Germany from this terrible oppression. He conceived the idea of establishing schools for the physical culture of the young people of Germany, knowing that in a short time their services would be required in the army. His followers increased from day to day, and large and enthusiastic crowds followed him wherever he established his schools. By this means he carried his doctrine to every part of the empire, where he could not, of course, be present in person. When the war with France was finally settled, Jahn began his classes and teaching of physical culture in Berlin, and the man who had fought and bled for his country was imprisoned in 1819 as a teacher of revolutionary ideas, his greatest crime being, as before stated, his belief in the doctrine of German unity. The harsh manner in which he was treated is almost beyond description, but in spite of all which could be done the

SEED HAD TAKEN ROOT,

And as more sensible ideas were advanced, here and there a turning-school sprang into existence; yet for many years the Government in Germany opposed and annoyed the Turners by every means in their power. In spite of all the Turners maintained their existence and gained headway in the native land of the founder of the order, until at last the Government awoke to the fact that gymnastic exercise was a very important factor in the education of a child. It would be ridiculous to assert that a monarchical Government would foster any society whose object and purpose was to promulgate free ideas, but fortunately it needed soldiers to uphold the thrones, which they claimed to hold by divine authority. This caused the Government to pass an Act on June 6, 1842, repealing all laws prohibiting gymnastic schools throughout Prussia. On January 7, 1844, another Act was passed to compel all boys in the public schools of Prussia to take part in these gymnastic exercises. This was followed by a similar law relating to girls in the public schools of Prussia, on May 16, 1846. How the old

"FATHER OF THE TURNERS"

Must have smiled when he realized that the Government had been, by force of circumstances, compelled to adopt the ideas, plans and purposes for which he had organized the order, and for which he had been not only reviled and scoffed at, but even imprisoned. It must have been gratifying to him, even in his poverty, to see the country for which he had worked so hard and faithfully, at last compelled to adopt the ideas which had been the grand object of his life.

Frederick Louis Jahn died at Altar, in Prussia, on the 25th of October, 1852, and his death was the occasion of mourning in every part of the civilized globe. No man in the history of the world has done more to advance the physical culture of the human race than Frederick Louis Jahn, and a monument has been erected in Berlin, of material furnished from every quarter of the globe, to commemorate his services to mankind.

DRIVEN TO AMERICA.

In the year 1848, when the revolutionary spirit was abroad, and the French revolution became successful, uprisings took place in many countries of Europe. The longing for political freedom broke out among the Germans, but their efforts in that direction were not successful. The number who, for love of liberty, were compelled to seek refuge where they would be free to express their opinions, found their way to the United States, as the only country where they would be able to escape from the wrath of the victorious rulers, who, if they could lay hands on them, would have incarcerated them in dungeons for daring to express their political opinions. Many thousands of people of all ranks in society were forced to become residents in this country, and the greatest number were members of the gymnastic or Turner schools of Germany. Some of the prominent ones among the number were Carl Schurz, General Franz Sigel, General Heinzelberger, Judge Stallo, Carl Hecker, and hundreds more, whose names will be forever held dear to the people of the United States.

On September 5, 1885, the *North American Turner Gazette* was prohibited from circulation in Germany. The members of the Turner unions in Germany now number about 450,000 in over 4,500 vereins. They have in their schools over 90,000 children between the ages of 14 and 16 years, whereas the children from 6 to 14, girls as well as boys, have to undergo a compulsory course of gymnastics, and number several millions.

THE TURNER UNION.

**History of the North American Central Organization.**

The first society of the Turn-Verein in the United States was organized at Cincinnati, O., on November 21, 1848. A large number of the Germans, who had virtually been driven from their country on account of what was called their revolutionary ideas, but what was in reality their love of liberty, both political and civil, settled in the Western States, as many of them were farmers. Naturally enough they brought with them a love of the habits and customs to which they had been used, and proceeded very soon to establish schools for physical culture.

The first meeting was held in Cincinnati on October 22, 1848. There were fourteen members present, named Gustav Lafel, Ferdinand Hoffmeister, Otto Krebs, William Pfander, Carl Sprandel, Gottlieb Wuest, Hugo Collman, Albert Lafel, Leopold Lettweis, J. Eiselen, Hugo Lafel and Richard Lafel. These gentlemen on November 21, 1848, organized the Cincinnati Turn Verein, which has now many branches in various parts of the city. Soon after, on November 28, 1848, the Turn Verein was organized at New York, and on the 15th of May, 1849, the first Turn Verein was established at Philadelphia. On May 12, 1850, the first Turn Verein was established at St. Louis, and on October 5, 1850, the first organization of the North American Gymnastic Union was organized. On April 3 to 5, 1865, the two Turner Unions, which had been divided for some years, were formally united in the city of Washington, D. C., and assumed the name of the North American Gymnastic Union. The headquarters are now located at St. Louis, Mo.

THE FIRST TURN FEST

For the whole Union was held at Baltimore, Maryland, on September 11, 1852. Soon many other of the principal cities of the United States established Turn Vereins, such as Milwaukee, October 31, 1854, etc.

The New York Turngemeinde was organized on October 1, 1851, and on this date all the members of the various Turn Vereins in the United States numbered only 1,500. In June, 1858, the first Anglo-American Turn Verein was organized in Asford, Ohio. In August, 1859, the North American Gymnasium Union had 4,000 members. On October 9, 1859, the Pacific Turn Bezirk was organized, comprising the Vereins of the central part of the State of California. On June 16 to 19, 1860, the first general Turn Fest of the world took place at Coburg. On January 1, 1861, the Turners of St. Louis founded a military organization, and on April 22, 1861, the Cincinnati Turners were sworn into the United States army. On May 6th the New York Turner Regiment was sworn into the United States army. On May 10, 1851, the St. Louis Turner Regiment and four German regiments (principally Turners), under Generals Lyons Sigel, expelled the rebels from Camp Jackson, and saved St. Louis and the State of Missouri from joining the Southern Confederacy.

TURNERS AS SOLDIERS.

During the year 1861, when the terrible war of the rebellion occurred, the Turner societies received a great setback. Many halls were closed, as nearly all the members, more than 80 per cent., had joined the United States army, either in regiments of their own or as members of those which were organized in their locality. Very few joined in consequence of the bounty offered by the Government. The overwhelming number joined to defend the cause of human freedom, which they considered the common heritage of all men, black as well as white. The members of the Turn Vereins of the United States may well feel proud of the record which their organization made in the late civil war. The physical culture, which had been part of their education, made them absolutely the best troops in the Federal army. The men who fought with Sigel were spoken of in the very highest terms by every loyal man in this country.

On February 8, 1863, the New York Turner Regiment returned, having lost more than one-half their number on the field of battle. They left New York 1,200 strong, and returned with only 460 men; the balance were offered as a willing sacrifice for their adopted country. After the termination of the war those who returned joined their old or started new societies, so that in 1865 the North American Turner Bund had a membership of over 10,000. Slowly but surely the Turner Union made progress, and not only without any aid from any State or Federal Government, but actually opposed by the ignorant classes of many of the large cities, who failed to understand the intent and purposes of the organization. After a time they succeeded in introducing the gymnastic exercises in some of the public schools of the country, and now it has been adopted as part of the instruction for the scholars in Cleveland and Davenport, Ia.; Denver, Col.; Yankton, Dak.; Butler, Ia.; Cairo, Ill.; Louisville, Ky.; Slater, Ia.; Keokuk, Ia.; Marshalltown, Ia.; Clear Lake, Ia.; Holyoke, Mass.; Fort Scott, Kas.; Harrisonville, Mo.; Omaha, Neb.; St. Louis, Mo.; Kansas City, Mo.; Pittsburg, Pa., and Chicago. There are many more cities that have adopted similar systems of physical culture, which will, in the future, be improved as opportunity offers to obtain teachers who have received thorough instruction and have graduated in the training schools of the North American Gymnastic Union. The system which has been adopted by many of the cities is as follows:

PLAN OF INSTRUCTIONS.

1. The Board of Education shall appoint a Superintendent of Physical Culture, who gives direct instructions to teachers and to leaders, scholars appointed by the teachers.

2. Teachers are divided for physical instructions into four sections: (*a*) Teachers of the first and second grades constitute the first section; (*b*) those of the third and fourth grades, the second section; (*c*) those of the fifth and sixth grades, the third section; (*d*) those of the seventh, eighth and ninth grades, the fourth section.

3. All sections meet together twice every month, when teachers will be drilled by the Superintendent.

4. The leaders (a boy and girl from each room excepting the first and second grades) meet every Saturday to receive instruction from the Superintendent.

5. In the daily lessons these leaders perform the exercises before the scholars of their respective rooms, the teacher, however, commanding them.

6. The Superintendent of Physical Culture visits all schools, as often as possible, supervising the instructions.

7. It is the duty of the Superintendent to report to the Board of Education at proper intervals concerning the standing of the branch of education under his supervision.

By this means only a short time will elapse when quite a number of teachers for the primary department will be obtainable, and the Turn-Vereins of the several localities have always been willing to aid, by every means in their power, the school authorities in their efforts to advance the physical development of the people. It is to be hoped that the time is not distant when it will be introduced into every school in our land. In those cities above named the gymnastic instruction is compulsory, and in Chicago alone over 5,000 children receive a lesson daily.

To show how successful some of these Vereins have been, through their own efforts entirely, the Central Turn-Verein of New York is mentioned, which has now a membership of over 3,500. It has a gymnasium which cost over three-quarters of a million dollars, including a shooting gallery, swimming baths, billiard and chessrooms, library, and being, beyond any question, the finest gymnasium in the world. It is hard to compute the actual number of members of the numerous Vereins in the United States, and if these figures could be obtained they would shed no light on the vast number of children who are now receiving the benefit of this instruction. Some idea of the progress of the order in the United States may be formed by the following data:

| | Clubs. | Members. |
|---|---|---|
| October 1, 1851 | 25 | 1,500 |
| August 1, 1859 | 50 | 4,000 |
| May 6, 1863 | 148 | 10,200 |
| May 1, 1868 | 191 | 13,500 |
| June 1, 1886 | 300 | 23,823 |
| May 1, 1887 | 400 | 26,722 |
| May 1, 1890 | 500 | 45,000 |

The North American Turner (Gymnastic) Union is composed of thirty-five Bezirks or districts, consisting of New York, Indiana, St. Louis, New England, Wisconsin, Chicago, Southeastern (including Maryland and the District of Columbia), Philadelphia, New Jersey, Central New York, Pittsburg, Missouri Valley, Minnesota, Upper Mississippi, Rocky Mountain, New Orleans, Central Illinois, Pacific, Northwestern (Iowa), Connecticut, South Atlantic (South Carolina and Georgia), Lake Erie, Long Island, West New York, Ohio, Upper Missouri, Central Michigan, Florida, Arkansas, North Pacific (Oregon and Washington), Southern California, Red River, Kansas, Montana, Nebraska. The organization in the United States is now in admirable working condition, and the influence of the introduction of gymnastic exercises in the public schools is certain to produce the most beneficial results.

TEACHERS' GYMNASTIC INSTITUTE.

An institute for the education of teachers, in all the gymnastic exercises, has been established at Indianapolis. A course of instruction lasts nine months. The candidates must be recommended by the Bezirk, of which the Verein to which he belongs is a part.

If the candidate is too poor to pay his own expenses, while studying at the institute, a stipend is allowed him from the general fund of the order.

**Escape of Prisoners.**

The report that prisoners have been and are constantly escaping from that malignant gaoler, liver complaint, is fully corroborated by the self-liberated captives. Hostetter's Stomach Bitters are, they say, the means by which they get rid of their fetters. Few altogether avoid the bondage of this ailment, and few are unacquainted with its signs, viz.: pain through the right side and shoulder blade, furred tongue, yellowness of the eyeballs and skin, sour breath, sick headache, dyspepsia and constipation. Hostetter's Stomach Bitters puts a prompt period to these, brings them to a full stop in short order. Whether the trouble is chronic or temporary, this medicine is equally effective, regulating the liver and bowels thoroughly. It is likewise a sovereign remedy for rheumatism, kidney complaint, malaria, heartburn and nervousness.

BEECHAM'S pills cure sick headache.

FRUIT-EATING ANIMALS.

**The Fruit and Nuts Most Highly Appreciated by Animals and Birds.**

It is quite curious to note to what extent animals of various kinds devour fruit. The apple is highly appreciated by horses, cows, sheep, goats, hogs, deer, elephants, rabbits, squirrels, domestic fowls and many of the wild animals and birds. The persimmon is greedily devoured in immense quantities by opossums and dogs. The fig is a favorite food among animals, horses, sheep, goats, hogs, camels, elephants, and fowls greedily devouring it. The cherry, as our fruit growers well know, is a delicacy which the whole feathered tribe contend for. Peaches are only relished by a few animals, among which may be mentioned the rabbit. Grapes are eaten with great relish by horses, cows, sheep, deer, hogs, camels, elephants and sometimes dogs and many wild animals. Dried fruits of all kinds are eaten with avidity by the Esquimeau dogs. Fruits, such as the orange, lemon, lime, shaddock, sour plum, green olive, etc., are shunned by nearly all kinds of animals as they are by worms. Olives, when they have become thoroughly ripe, will readily be eaten by hogs, after they have once acquired the taste. The ostrich will eat many kinds of fruit with enjoyment. Nuts of nearly all kinds are relished and sought after by squirrels, monkeys, hogs, parrots and many other kinds of animals and birds.

[For the RECORD-UNION.]

AT SAN PABLO.

Oh Sea! How futile is thy vain endeavor
To strive 'gainst Fate!
Thou rollest onward, on forever,
Nor dost thou wait.

Yet backward, ever backward at her bidding
Thou still art prest,
Unto thy wondrous depths thy waves receding
In deep unrest.

And so the soul with all its deepest yearnings
Must dash in vain
Against the bounds that hold ambitious burnings,
Its hopes restrain.

O Fate! inexorable in thy sway,
Thy heavy hand
Presses us all along one common way,
Toward one end.

Be brave and patient, soul, 'tis not forever
Thou art bound;
Thy wings shall bear thee o'er the shining river
To joys new-found.

But thou must ever onward strive and wait,
Oh, restless sea!
Until eternity's wide-opened gate
Shall set thee free.

A. G. G. (Dora Burns).

June 11, 1891.


FACE COMPLETE SCAB

**From Eczema. Head Looked as if Scalded. Best Physicians: One Year Without Benefit.**

**Completely Cured by 3 Sets of the Cuticura Remedies.**

I had a disease of the skin and scalp that the doctors here called eczema. My face was a complete scab, and my head, when I had my hair cut closely, looked as though it had been scalded. Am happy to say after I received a copy of your treatise on skin diseases, I purchased a set of CUTICURAS. After I had taken the third set, it had all disappeared, and what I must tell you is that I was doctoring with several of the best physicians in this country for over a year, and none of them seemed to do the least bit of good.

E. D. PERRY, Proprietor Elkhorn House, Ewing, Neb.

Breaking Out Five Years

I suffered with a breaking out upon my breast for four or five years. I doctored with the family doctor for a long time, but seemed to gain no relief, when a friend of mine asked me to try your medicine, and I commenced taking it, and it did me more good than anything I ever tried. I took two bottles of the CUTICURA RESOLVENT, used two boxes of the CUTICURA, and three cakes of the CUTICURA SOAP, and was entirely cured. I can say, thanks to the CUTICURA REMEDIES and their founder. LIZZIE HANNELL, Cairland, Ind.

Cuticura Resolvent

The new Blood and Skin Purifier, and greatest of Humor Remedies, internally (to cleanse the blood of all impurities and poisonous elements, and thus remove the cause), and CUTICURA, the great Skin Cure, and CUTICURA SOAP, an exquisite Skin Beautifier, externally (to clear the skin and scalp and restore the hair), speedily and permanently cure every species of itching, burning, scaly, crusted, pimply, scrofulous and hereditary diseases and humors, from infancy to age, from pimples to scrofula.

Sold everywhere. Price, CUTICURA, 50c.; SOAP, 25c.; RESOLVENT, $1. Prepared by the POTTER DRUG AND CHEMICAL CORPORATION, Boston.

Send for "How to Cure Skin Diseases," 64 pages, 50 illustrations and 100 testimonials.

PIMPLES, black-heads, red, rough, chapped, and oily skin cured by CUTICURA SOAP.

MUSCULAR STRAINS

And pains, back ache, weak kidneys, rheumatism and chest pains relieved in one minute by the Cuticura Anti-Pain Plaster. The first and only instantaneous pain-killing plaster.


IRRIGATION DISTRICT BONDS.

SEALED PROPOSALS WILL BE RECEIVED by the Board of Directors of the Turlock Irrigation District, at their office in the town of Turlock, Stanislaus County, Cal., for the purchase of one hundred (100) bonds of said district, of the denomination of five hundred ($500) dollars each, till 11 o'clock A. M. on TUESDAY, the 7th day of July, 1891, at which time and place said board will open the proposals and award the purchase to the highest responsible bidder.

Said bonds bear interest at the rate of six (6) per cent. per annum, payable on the 1st day of January and July of each year.

None of said bonds will be sold for less than ninety (90) per cent. of the face value thereof.

Done by order of the Board of Directors of the Turlock Irrigation District.

R. M. WILLIAMS, Secretary.

Dated, May 29, 1891. je12-td.


GRIFFIN,

THE :-: STATIONER,

603 K Street,

HAS THE FOLLOWING NOVELTIES: Cartoon Slate Pencils, Paper Fasteners, all kinds of Files and Clips, Pencil-point Protectors, Copying Books and Fixtures, 20 styles Fancy Papeteries, 12 styles Money Purses, Pen Cleaners, Double Slates, Thermometers, Office Waste Baskets, 12 styles Mourning and Visiting Cards, Shading and Ruling Pens, Tracing Cloths, Diaries, Bill Wallets, Draft and Receipt Books, Blank Books—all kinds; choice variety Letter and Note Pads, full assortment of Pens and Pencils. je9-tf

HAMMER'S GLYCEROLE OF TAR

For Coughs and Colds.

A SPEEDY AND RELIABLE CURE.

Fourth and K streets and all Sacramento druggists.

FRIEND & TERRY

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MAIN YARD AND OFFICE, 1810 SECOND street. Branch Yard, corner Twelfth and J streets.

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Chichester's English Diamond Brand.

PENNYROYAL PILLS

Original and Only Genuine. SAFE, always reliable. LADIES ask Druggist for Chichester's English Diamond Brand in Red and Gold metallic boxes, sealed with blue ribbon. Take no other. Refuse dangerous substitutions and imitations. At Druggists, or send 4c. in stamps for particulars, testimonials and "Relief for Ladies," in letter, by return Mail. 10,000 Testimonials. Name Paper. Chichester Chemical Co., Madison Square, Philada., Pa. Sold by all Local Druggists.



New Advertisements.

MOUNT SHASTA.

AT THE POINT WHERE THE COAST Range and the Sierra Nevada unite in the northern end of California stands "Mount Shasta," the keystone of this mountain arch and the most striking of all the mighty earth-giants in the northern half of the continent.

For many years after railway building had been well developed in California and Oregon the stupendous barrier of Mount Shasta and its frowning environment of lofty mountains and frowning gorges prevented the uniting by rail of these two States, but the splendid problem was attacked by the Southern Pacific Company, and the mountains were carried by storm in 1887, and the wonders of the Siskiyou Range brought to the notice of the world. Thus came into existence the "Shasta Route," to-day the most brilliant stretch of railroad scenery on the continent.

The road going northward follows the gorge of the Sacramento all the way from Redding to a point near the head of the canyon, crossing the river eighteen times. At the eighteenth crossing the road, making an enormous letter S, swings boldly up to a wide plateau, on which stands the town of Mott. A half mile south of the eighteenth crossing (a mile from Mott by the trail and six miles by the railroad) is one of the most remarkable springs in the world, just coming into notice—the Shasta Spring, pouring out every minute twenty gallons of deliciously cold mineral water of extraordinary healing virtues.

This spring was recently purchased by a strong company, the Mount Shasta Mineral Spring Company, which has erected extensive bottling works on the premises and inclosed the spring in a concrete structure surmounted by a handsome pavilion. It is immediately on the line of the railroad, and the trains stop there ten minutes to give the passengers an opportunity to drink the water without cost. Although the company is bottling and shipping this water in great quantities daily, and thus made its use accessible to all, the instantaneous popularity it has secured has created a demand for local accommodation for those who want the full benefit of the water and climate combined. But it takes time to prepare the ground and erect a large hotel, and so, in order to accommodate the present season's business, the company, on the 15th of this month, will open a camp, starting with fifty comfortable tents and a large dining tent, with an expert caterer in charge.

The spot selected is beautiful beyond the conception of those who are not familiar with the scenic charms of these noble mountains. It is on a plateau above the springs and not visible from the railroad, by reason of the majestic timber which intervenes. It is an extension of the plateau on which Mott stands, and is 300 feet above the springs. Fifty years ago a large Indian village occupied the romantic site, and later it was the camp of 2,000 men employed in building the railroad. It is a large, level plateau, covered with splendid oaks, cedars, spruces, sugar and yellow pines, and an abundance of wild flowers. The historic California and Oregon stage road passes alongside the camp. What tales of suffering and hardship, of hopes and ambitions, of dreams of gold, of loads of treasure, of experiences with highwaymen in the early days, this old road could tell if it might.

Water for the camp is supplied by a pipe running past every tent. It comes from a hydraulic ram, at the "Keystone Spring," a bold stream bursting out of the rocks on the mountain side and fed through underground channels from the melting snows of Shasta. This water, as well as that of "Glacier Spring," is soft and free from mineral, and is as cold as icewater, as its constant temperature is 43°. "Glacier Spring" is a marvel. It has been handsomely fitted up with a concrete basin. A pipe leads from it to the bottling works below, and the pressure on the pipe at the lower end is 150 pounds to the square inch. A fountain throwing a stream a hundred feet high plays below, and in a slight breeze the spray of the lofty column sways to and fro, making a brilliant new rainbow with every motion.

Connecting the camp above with the station below are romantic trails, free from dust, and winding in and out among the giant trees. The face of this broad slope is a striking picture. The inclination is about forty-five degrees, and the whole face is covered with stately trees and giant bowlders, relieved by shrubs of brilliant green, red, brown and yellow foliage, while azalias, tiger-lilies, wild heliotrope, and other flowering plants, add their perfume and gorgeous coloring. But the most striking of all the features of the slope are the numerous cascades which come leaping and tumbling down, rushing in haste to join the foaming waters of the Sacramento far below. Along and over these wind the lovely trails, crossing and recrossing them many times over pretty rustic bridges, winding in and out from the coolest and