

TO DEVELOP BODY

Series of Exercises Suggested by Maurice Joyce.

SIMPLE METHODS

DIFFERENT PARTS NEED DIFFERENT MOVEMENTS.

A General Explanation and Four Parts Taken Up in Detail.

The Star has arranged with Mr. Maurice Joyce, the well-known expert on athletics and physical training, to prepare for it a series of articles describing simple exercises by which the body can be developed in a scientific manner. The first article and exercises follow.

Prepared for The Evening Star by Maurice Joyce.

The first and most important thing is to ascertain the weak points of a person and then by special exercises to equalize their physical development. That done, the next step is to apply such a variety of exercise

consist of light work, such as wands, dumb bells and similar things, in which overwork is impossible. Then as the strength is gradually developed the heavy work may with advantage be taken up. There is another popular impression which I wish to correct, and that is that the gymnasium is only for young people. This is not true. At least, it should not be so, particularly in a city like Washington, where so many people are so closely confined by business, and therefore are in great need of exercise. And, as I have said, the lightest exercise, systematically and intelligently taken, will work the most beneficial results. But one must have patience and perseverance, and should never forget that form cannot be changed in a day.

Immediate Results.

The immediate results of gymnastic exercise are apparent in the muscular system. We give an exercise a stated number of times that it merely produce, as a result, an increase in the quality and size of the muscle.

We know that exercise will do this. The next question is: Which muscles shall we use most, how often shall they be used and how long at a time? These questions cannot be answered until the common physical defects caused by our use of our development of certain muscles are known in our routine work or play we use one part of the body more than another; consequently this part not only receives a greater share of development, but it is apparent by the defect it causes.

Take the chest muscles, for example. They are used more than the corresponding muscles of the back. The arms perform duties more in front than in back of the body, with this result: The chest muscles are the stronger, and so draw the shoulders forward producing round shoulders. The chest muscle on the right side being the

get nearly so much to do as those in front, in many persons seeming not to exist. The best way to reach the under thigh is to put the foot in the handle of the chest weight, standing with side to weight. Now draw foot down, repeating eight to sixteen times, or if you have no chest weight fasten a weight of any sort—a dumbbell or flatiron—to the foot with strap or towel. Now raise the foot as high up backward and outward as possible and repeat. When running throw the foot high behind.

Stand with knees unbent, arms over head. Now try to touch foot with fingers. Action strong on back thigh muscles. When taking running exercises keep well on the ball of the feet and land as lightly as possible. See illustration No. 3, "leg hammer" action front and back thigh, calf and foot. Step out strong to right and left—eight to sixteen counts.

No. 4—To Strengthen the Sides of the Waist.

But while the legs have been actively engaged, there are other parts which have not been idle, so that the same work brings other strength as well. In every step taken, and especially every vigorous one, as in fast walking or in running, the muscles of the sides of the waist have been all the time at work, a prominent duty of theirs being to aid in holding the body erect.

With the arms and shoulder high to the side, twist the trunk to right and left. All movements for twisting the abdomen are likewise and, therefore, generally slighted, but they are productive of much good if persisted in. Very many people suffer from weakness in the waist, and their weakness is observable in their swaying from side to side in walking. Of the exercises to correct that and strengthen the muscles of the side or waist one of the best is hop-



as will develop the whole muscular system, gradually and uniformly. Muscular strength you know, is one thing and endurance is another, although about every person who enters a gymnasium does so with the idea of becoming a second Simson. But while strength is very desirable, I am of the decided opinion that endurance is in the long run more valuable than mere strength. So, to prevent the development of the muscles at the expense of the nervous system, only light work should be done at first. Then, another thing to be avoided is what may be termed the one-sidedness of the mechanical acts of life. That is, an abnormal development of one side of the body or of one particular set of muscles, so often seen in men and boys who have done gymnasium work without the guidance of a competent teacher.

Now, it is a fact, although many people seem to doubt it, that an inexperienced person can no more go into a gymnasium and select the proper work than can an inexperienced one go into a drug store and put up a safe prescription. Such a person should explicitly obey the directions of the instructor, rather than his own inclinations. Then he will be told and will learn that moderate, regular and vigorous exercise, with some attention to sleep and diet, will result in the development of fat, but will also produce a strong, enduring muscular system. Where a man has reached the age of forty years it is absolutely dangerous to adopt excessive sudden and violent in their nature. Yet it is very difficult to restrain them from doing so.

Of course, I do not mean to be understood as saying that heavy gymnasium work is not beneficial under any circumstances. On the contrary, I am a great believer in it at the proper time. But the early exercises should in every instance stronger not only draws the shoulders down, but also forward, as these muscles are connected with the upper and outward angle of the shoulder blade. They draw that forward, and this throws the lower inner angle out, giving it an undue prominence, at the same time a deformity so common among young women called "wings."

To overcome this develop the muscles between the shoulders. This is done best by any motion that will bring the shoulder blades together. For instance, tell a round-shouldered boy to throw his shoulders back. If he does it properly he has taken, unconsciously perhaps, one of the best methods there is for curing that particular trouble. And this same movement should be taken as an exercise. The general want of familiarity with the movements and exercises that will develop any even muscles and bring them up to the fullness and strength which ought to be theirs is surprising. Ask yourself what special work you would choose to develop any given part of the body.

Many of those attending a gymnasium a good deal will often be surprised to find that the time there was mainly spent in accomplishing some particular feat or amount of work, rather than in bringing about the special development or general development of the whole body.

Now, while the exercises which will bring any given set of muscles into play are very numerous, if a few can be grouped together, which shall be simple and plain, and shall call either for inexpensive apparatus or none at all, which will enable almost any one, by a little energy and determination, to bring up any limb or muscle to the standard, the objects of this series will be attained.

No. 1—To Develop Leg Below the Knee. The main part of the leg below the knee is composed of muscles which raise the heel. To one contemplating athletic exercise I would make the following suggestions, advising that the work of developing the legs should be the first consideration. To develop the lower parts of the legs walk and run on the balls of the feet in easy, low-heeled shoes or none at all, which will enable you to do fifty times daily. If the work is done in a gymnasium use the running track. Then jumping the rope is an excellent practice, care being taken to keep well within easy endurance at first, and then gradually increasing the number of jumps. Not more than three or four jumps should be taken at first. Such work indulged in for a few months will not only largely increase the girth of the calves, but will also give the lower legs great strength. In going up and down stairs use the balls of the feet.

ping, using first one foot and then the other. But great care should be taken to stop this exercise before the hopper becomes fatigued. Triangles and walking on a rail, together with wand and dumb bell drills, are also to be commended for the waist muscles. Also bending of the body from side to side, and the use of pulley weights, as well as the use of the regular waist developer, may say here that tight-rope walkers have the best developed waist muscles, they having to hold their balance with the waist muscles.

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NEW PUBLICATIONS.

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Collier's representative was the only one to photograph the Japanese troops landing at Chemulpo; the "Korietz" at the very instant she blew up; the burning of the "Variag"; Russian soldiers nursed by Japanese; etc.

These remarkable photographs in this week's issue

fill a 16-page special war supplement, and are the only photographs in America of the first naval battle of the 20th century. This extraordinary "beat" is no accident—simply a result of preparations which Collier's began months ago.

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DEFENDED THE DEPARTMENT.

Representative Davidson Praises Postmaster General and Mr. Bristow.

After the excitement attending the unsuccessful attempt of Minority Leader Williams to insert an amendment in the postal appropriation bill providing for a congressional investigation of the Post Office Department had died away the House yesterday afternoon listened to a vigorous speech by Representative Davidson of Wisconsin in defense of Postmaster General Payne and the fourth assistant, Mr. Bristow. Mr. Davidson said he hoped discussion of the bill would be prolonged long enough to enable those members who, in the heat of passion, had made unjust references to them to acknowledge that these two men were not to blame for the recent Post Office Department report. He said he knew that the Postmaster General would not gratuitously insult any member of the House. He declared that there was not a door in any department of the government that swung as often and as easily to members of Congress as the door of the Postmaster General. There was, he said, no man in official life who greets members more cordially, kindly and courteously than the Postmaster General. The Postmaster General was a man of character, integrity, honesty and of great ability, which had been demonstrated by the magnificent manner in which he had run the department and conducted a most unpleasant duty. Mr. Davidson said he resented the insinuations coming from his colleagues against the Postmaster General.

ANOTHER DAILY SERIAL.

"The Sorceress of the Strand" Will Begin Tomorrow.

The Star has secured the serial rights to "The Sorceress of the Strand," and the opening chapters will appear in tomorrow's Star. "The Sorceress of the Strand" is one of the most fascinating stories of late years. It is the joint work of L. T. Meade and Robert Easton, two of the best and most popular of the younger set of English writers of fiction. The story is novel in plot. In a series of tales it tells of the adventures, crimes and machinations of Mme. Sara, the "most wonderful woman in London." Mme. Sara is a professional beauty, possesses of some wonderful secrets which help her business. She makes women beautiful and by so doing secures an entry into exclusive English society, which she uses to plan some of the most startling crimes ever heard of. She is one of the most dangerous criminals that crime is fascinating, and the stories of her crimes are fascinating beyond description. Opposed to Mme. Sara are Dixon Druce, a young Englishman, and Eric Vandelaar, a London police surgeon. Vandelaar preys many of her crimes out, but she escapes the nets he sets for her. The final story, in which Mme. Sara at last meets her match, rounds the clearest series of stories that has ever been printed in a newspaper. There are six of the stories, each in four installments. They are: "Mme. Sara," in which the principal characters are cleverly introduced; "The Blood Red Cross," in which Mme. Sara plays for a magnificent pearl necklace; "The Face of the Albatross," a tale of old Portugal and a mysterious specter; "The Talk of the Town," a story of the mysterious attempt on the life of a brilliant young scientist; "The Bloodstain," the story of the attempted theft of a valuable and historic jewel; and "The Teeth of the Wolf," the story of how Mme. Sara met her match. "The Sorceress of the Strand" will appear as a daily serial in The Evening Star.

To Grow Cotton in German Colonies.

The present fluctuations of the American cotton markets produce a condition of agonizing uncertainty in the calculations of the manufacturers in all textile districts of Germany in which cotton forms a vital part of the requisite raw material, says United States Consul Muench, at Plauen, Germany, in a report to the Department of Commerce and Labor. The consul states that interest is growing in all efforts to bring about the emancipation of the European market from its dependence upon the American cotton fields, and the government aid is being sought to establish and develop new cotton-growing districts in colonies of the empire. Mr. Muench says that it has been urged that the creation of new cotton-growing districts is today the sole means of breaking the bondage in which the United States is alleged to hold the cotton-growing districts of Europe, and will be far more effective than the waging of a tariff war.

Nominations Confirmed.

The Senate yesterday afternoon confirmed the following nominations: Norman Hutchinson, California, secretary of the legation at Caracas, Venezuela; Edward Winslow Ames, Massachusetts, secretary of the legation at Santiago, Chile; Edward R. Stackable, Hawaii, collector of customs, district of Hawaii. Postmasters: Maine—Fred H. Atwood, Rumford Falls. New Jersey—George B. Jacobus, Caldwell; Charles W. Russell, Newark. New York—Charles H. Parker, Macedon.

ASSIGNED TO COMMISSION.

Capt. Gillette to Assist in Sanitary Work on the Isthmus.

At the meeting of the Isthmian canal commission Capt. Cassius E. Gillette, Corps of Engineers, has been assigned to special duty under the commission in connection with the sanitary improvement of the canal strip. The action was taken on the recommendation of Col. William C. Gorgas of the medical department, who is to have charge of the sanitary work under the commission, who desired the assistance of an engineering expert. Capt. Gillette is stationed at the Washington barracks in command of a company of engineers.

Seton's Wife Sues Father.

A dispatch from San Francisco says: The suit of Grace Gallatin Thompson Seton, wife of Ernest Thompson Seton, against her father, Albert Gallatin, to recover \$10,000 was tried here and submitted to Superior Judge Sloss for decision. When Mr. Gallatin secured a divorce from his wife in 1879 he agreed to pay a regular monthly sum for Grace's support and to give the girl \$10,000 when she was eighteen. When Grace reached this age her father agreed to pay her the interest, as he had not the amount free at the time. He paid the interest for ten years and then stopped. He refused to pay either interest or principal and even threatened to cut her out of his will if she bothered him. His defense today in court was that the agreement made with his first wife was voluntary and without consideration, and that under the law he is not obliged to carry it out.

Steaming Clams to Kill Bacilli.

In the coast districts of many countries clams are used as an article of food to a large degree, especially by the poorer classes, says United States Consul General Guenther, at Frankfurt, Germany, in a report to the Department of Commerce and Labor. It has been found that these clam shells, and also the finest oysters, are at times infested with typhus bacilli, and therefore are dangerous. If they are cooked at all, it is in most cases done so superficially that the bacteria are not killed thereby. The method of placing clams in hot water for a short time has been found to be insufficient to kill the bacteria, but bacteriological investigation has demonstrated that after steaming clams for ten or fifteen minutes no living bacteria introduced into them before were found.

Freight Rates on Michigan Salt.

The interstate commerce commission has announced its decision on the complaints against the tariff rates on salt from Michigan to Missouri river points and intermediate localities, holding adversely to the charge of a rebate in favor of the salt interests. The commission holds that it is no part of the duty of the commission to equalize differences in the natural advantages of localities through the adjustment of tariff rates, and that it does not appear that the share of the through rate allowed the boat line is so grossly disproportionate to the value of the entire through service as to amount to a rebate in favor of the salt interests of Manistee and Ludington, which also control the boat line.

Loving Cup for a Trader.

At the meeting of the national board of trade in Washington, on January 16 last, a committee, consisting of M. S. Wise of New York, H. S. Grimes of Portsmouth, Ohio, and F. A. Scott of Cleveland, was appointed to present to Blanchard Randall, retiring president, "a fitting testimonial in appreciation of his eminent services." Yesterday in the Baltimore chamber of

Who are the real Enemies of The Republic

Not political bosses, not the "grafters"—they are the tools—but the business men who bribe legislators into betraying the trust of the people. Political corruption of this sort is treason—government by the few, not the many—a revolution by bribes, not by bullets.

McCLURE'S MAGAZINE

for April contains a brilliant and startling article by Lincoln Steffens which follows the intricate trail of the big corporations and business men through the politics of Missouri. Lincoln Steffens's great articles, "The Shame of the Cities," printed in McClure's last year, have been published in book form. Price \$1.20 Net. 10c a copy—\$1.00 for a year's subscription. GET McCLURE'S FROM ANY NEWSDEALER OR McCLURE AGENT OR FROM THE PUBLISHERS, S. S. McCLURE COMPANY, 145 EAST 25th STREET, NEW YORK.

COL. MILLS' NOMINATION.

Disinclination on the Part of Senators to Promote Him. Whether Colonel Albert L. Mills, superintendent of the United States Military Academy, will be confirmed as brigadier general is a question which the members of the Senate committee on Military affairs avoided at its session yesterday. Colonel Mills' actual rank is captain. All nominations pending before the committee with the exception of Col. Mills were acted upon favorably, and Senator Blackburn was authorized to report them to the Senate. Colonel Mills' name was not mentioned, and it is said the sentiment of the committee is such that no action will be taken at the present session of Congress. When the Senate confirmed the nomination of General Wood to be major general it was believed generally that the opposition to Colonel Mills would disappear or at least the fight against him would be abandoned. This contest is based on the fact that the promotion has the effect of "jumping" him over a large number of army officers who are now his superiors in rank. This in part was the objection to the confirmation of General Wood, and "Colon Mills" nomination was first sent to the Senate it was argued that the two cases were analogous.

When the nomination of Colonel Mills was first taken up by the military affairs committee it brought forth a protest from Senator Blackburn against this system of promotion, though he stated at the time he had nothing against Colonel Mills. So far as Colonel Mills is concerned he has the best wishes of a great many senators on account of his having been wounded in action, but it is said that this should not prove a precedent for promotion, as there have been similar cases in great number which have not been rewarded. If no action is taken at the present session of Congress the nomination will lapse on the day Congress adjourns. A cablegram from London today says: No credence need be attached to the rumor from Ashabud, to the effect that the American ship "Alchamistan" has been poisoned. All trustworthy news from Cabul reaches the British Indian government weeks before it could possibly be known at Ashabud.