

ATHLETIC TRAINING.

To Acquire an Excess of Muscle May Prove Injurious.

Nothing could be more elusive than the idea that by a period of athletic training a man can lay in a stock of health and strength upon which he can draw later while engaged in a sedentary occupation. The truth is that the big muscles and hypertrophied heart of the athlete are perilous possessions for the man who no longer has the time or the inclination for using them. When he stops the exercises by which he gained them, instead of simply returning to their original size they suffer for one or another of the many forms of degeneration and become incapable of performing their original services.

It is not quite true that all exercise for its own sake is harmless, for it is well to be prepared for the meeting of life's little emergencies as well as its ordinary and daily demands, but it probably is true that, the emergencies apart, every man does enough in going about his customary business and pleasure to keep himself in the condition which that business and pleasure demand and that anything besides is superfluous or injurious. That athletes take one into the open air is less a commendation of athletics than an indictment of our houses, offices and stores for lack of adequate ventilation. If all the air we breathe was pure air we could get along well enough without any open air at all. Any man who has the muscle he needs for doing the things he wants to do and should do has all the muscle he ought to have. To acquire more is a silly waste of time and perilous besides.—New York Times.

FEET OF SEA BEASTS.

Their Appearance When the Skin is Stripped Off.

Of all the feet that I have looked at I know only one more utterly ridiculous than the twisted flipper on which the sea lion props his great bulk in front, and that is the forked flipper which extends from the hinder part of the same. How can it be worth any beast's while to carry such an absurd apparatus with it just for the sake of getting out into the air sometimes and pushing oneself about on the ice and being eaten by polar bears? The porpoise has discarded one pair, turned the other into decent fins and recovered a grace and power of motion in water which is not equaled by the greyhound on land. Why have the seals hung back? I believe I know the secret. It is the baby! No one knows where the porpoise and the whale cradle their newborn infants—it is so difficult to get into the domestic ways of these sea people—but evidently the seals cannot manage it, so they are forced to return to the land when the cares of maternity are on them.

I have called the feet of these sea beasts ridiculous things, and so they are as we see them. But strip off the skin, and, lo, there appears a plain foot, with its five digits, each of several joints, tipped with claws, nowise essentially different, in short, from that with which the toad or frog first set out in a past too distant for our infant imagination. Admiration itself is paralyzed by a contrivance so simple, so transmutable and so sufficient for every need that time and change could bring.—Strand Magazine.

A Willing Scot.

Dean Ramsay has a story of that border hostility between English and Scots which used to go to halter lengths. A Scottish drover was returning from the south in particularly bad humor with the English, having done poor business, when he saw in Carlisle a notice offering a reward of £50 to any one who would volunteer for the unpopular task of hanging a condemned criminal. Seeing his chance to make up for his bad market and comforting himself with the thought that he was unknown there, he did the job and got his fee. As he was leaving he was taunted as a beggarly Scot, doing for money what no Englishman would. But he answered, with a cheerful grin, "I'll hang ye at the price."

Ways to an Untimely End.

The catalogue of the ways and means employed by otherwise sensible people to incur the risk of disease and an untimely end include running to catch trolley cars, breathing rapidly through the mouth instead of deeply through the nose, eating too hastily and overeating, "blouching" instead of standing and walking in an erect attitude, using unnecessary stimulants, failing to exterminate the pestilential housefly, which goes blithely about carrying the germs of disease; sleeping in ill ventilated rooms and failing to protect food from flies and other insects by proper screening.—Philadelphia Press.

Hard Luck.

Bob Footlite (actor)—Failure? I should think it was! The whole play was ruined. She—Gracious! How was that? Bob Footlite—Why, at the end of the last act a steam pipe burst and dished me off the stage.

The Telegraph.

The first royal speech transmitted by telegraph was that delivered by the late Queen Victoria when she opened Parliament on Nov. 15, 1837. The speed of transmission was fifty-five words a minute.

A Useless Effort.

Visitor—I suppose you men in public weigh your words? Senator—That's the use? Some newspaper fellow is sure to come along and monkey with the scales.—Judge.

Exhaustive observation is an element of every great achievement.—Spenser.

GENERAL LEE.

His Personal Influence and His Military Prowess.

In looking for the source of Lee's personal influence we have to go back, I think, to the habit of inherited respect which the people of the south paid to social position. It was not born of a feeling of subservience, however, for the poorest "cracker" had an unmistakable and unself-conscious dignity about him. He always walked up to and faced the highest with an air of equality. No, this latent respect was a natural response on the part of men of low estate to good manners and oft displayed sympathy. Lee by his connection through birth and marriage with the most distinguished and best families of Virginia represented the superior class. Moreover, that he was a Lee of Virginia and by marriage the head of the Washington family had from one end of the south to the other a weight which the present commercial, mammon-worshipping age knows or cares but little about.

Again, Nature in one of her moods had made him the balanced product in manners and looks of the well bred and aristocratic traditions of the gentleman transmitted and ingrafted at an early age through the cavaliers into Virginia life. But for his military prowess he had something vastly more efficacious than ancestry or filling the mold of well bred traditions. He had the generative quality of simple, effective greatness—in other words, an unspotted, serenely lofty character whose qualities were reactive, reaching every private soldier and making him unconsciously braver and better as a man.—Morris Schaff in Atlantic.

THE MISSING TURK.

An Incident in the Stage Career of Sarah Bernhardt.

Sarah Bernhardt was once playing at Marseilles in a spectacular play in which she made her entree accompanied by six Turkish slaves. A line on the program announced that these six Turks would accompany Mme. Bernhardt, but when the time came for them to go on one of the youngsters had disappeared. Sarah mustered the five in order and made her entrance with a grand flourish. The house was crowded, but not a handclap greeted her as she appeared. Then a still, small voice in the gallery murmured something in an indignant tone. Fifty voices immediately took up the strain, and in ten seconds more the whole house was shouting the same phrase.

Bernhardt strained every nerve to catch what they were complaining about. She knew the phrase began with "Manque," but the rest of it was lost in the general hubbub. For a full minute the tumult continued. Then Sarah, muttering things below her breath, rushed like a fury down to the footlights. In the front row the actress had spotted one man who was not taking part in the hullabaloo. Pointing at him, the actress exclaimed sternly: "You seem to be the only sensible person in the house. Tell me what on earth they are kicking up this row for?"

The man rose, bowed to the actress and remarked in very bad American-French, "Madam, you are shy one Turk."

Paris Actresses.

It is a very usual thing for the Paris hostess to engage actresses to perform for her guests, and they, of course, mingle with these guests on fairly equal terms during the rest of the evening. But I know of very few Parisian society hostesses who would invite actresses to dinner. I am not sure, either, that the actresses would accept such an invitation if they got it, and I may add that it is an amusing lesson in "equality and fraternity" to hear Mme. la Marquise address an actress as "mademoiselle." The tone is exquisitely polite, but it would freeze you on the hottest day in summer. And yet numbers of Paris actresses are married women and, if unmarried, essentially respectable, but the word "actress" is a label, and Paris is a town of labels.—M. Raphael in London Strand Magazine.

Men and Women and Money. Divide \$500 between a boy and a girl and start them on a vacation with it, and the girl will go twice as far, see ten times as much and come home with new clothes and money in her purse. But the boy will be dead broke and have seen less. This is the difference: A girl when out sightseeing will live on crackers and soda water, and the boy will stuff himself with three big meals a day. The same difference is apparent when the boy and girl are grown. Ever know that father spends a lot on eating when traveling and doesn't get to see as much as mother, who makes every time she misses a meal take her a few miles farther?—Athenian Globe.

A Wonder of Science.

"I have been taking some moving pictures of life on your farm," said a photographer to an agriculturist. "Did you catch my laborer in motion?" asked the farmer. "I think so." "Ah, well, science is a wonderful thing!"—Philadelphia Inquirer.

Crushing.

Mrs. Newbride (with an air of triumph)—Really, I was greatly surprised to get a wedding present from the Vander Glids. They are so exclusive, you know. Miss Jehus—Yes, but they are very charitable, I believe.

His Only Reason.

Mrs. Jawback (angrily)—Since you stayed out so late, why did you come home at all? Mr. Jawback (drowsily)—To sleep, m' dear—just to sleep—that's all.—Exchange.

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Time Table.

No. 55.
Effective 5 a. m. May 9th, 1909.

NORTH BOUND.

- No. 320—Cairo—Evansville Accommodation leaves 6:00 a. m.
- No. 302—Evansville and Mattoon Express.....11:30 a. m.
- No. 338—Paducah—Central City Accommodation leaves 3:45 p. m.

SOUTH BOUND.

- No. 341—Hopkinsville mixed arrives,11:25a. m.
 - No. 301—Evansville Express arrives..... 6:35 p. m.
 - No. 321—Evansville—Hopkinsville—Louisville Mail, arrives 3:40 p. m.
- Train No. 320 makes direct connection at Princeton for Cairo, St. Louis, and Chicago (Via Paducah) also for Henderson and Evansville.
No. 320 makes direct connection at Princeton for Louisville and East.
No. 338 makes direct connection at Princeton for Memphis, New Orleans and points to the South and West.
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TIME TABLE
EFFECTIVE OCT. 17, 1908.

EAST BOUND

- No. 12 Clarksville and Nashville Mail leaves.....6:30 a. m.
- No. 14 Clarksville and Nashville Mail leaves.....4:00 p. m.

WEST BOUND.

- No. 11 Clarksville and Hopkinsville mail arrives...11:20 a. m.
 - No. 13 Clarksville and Hopkinsville mail arrives... 8:15 p. m.
- T. L. MORROW, Agent.