

THE WOMAN'S GLOBE.

Modern Society Girls Devoting Themselves to Athletics to Increase Their Charms.

The Gospel of Exercise of the Greatest Importance to the Members of the Gentler Sex.

How All Women Love to Celebrate Great Occasions Occurring in Their Lives.

Some Words to Women Regarding Dress Viewed From the Standpoint of Health.

SURE ENOUGH. I kissed her hand. She slapped my cheek. The blow came sharp and quick. Her eyes flashed fire. She did not speak. My blood boiled hot and thick.

"What do you mean?" I asked, enraged: "We're all alone here, and you know quite well that we're engaged. Then why not kiss your hand?"

"I do detest a man," she snapped. "Who'll kiss my finger tips. In love's ways one should be more apt—Else what's the use of lips?"

BEAUTY AND ATHLETICS. How Fashionable Women Devote Themselves to the Latter to Obtain the Former.

Can you imagine a woman seated on her chair at home and poking one cheek with one finger by the hour day after day, asks a writer in the New York Sun. Can you easily picture to yourself another woman working her lower jaw incessantly and most vigorously an hour or two every day for a month? Yet this is done by our sisters, and our cousins, and our aunts all over town. The reason they do this is that they are not satisfied with their faces. This one has a depression in her cheeks, and that is what she is poking with her finger. She expects so to strengthen the muscles in her cheek as to make it full and plump and round, as it ought to be, and used to be in her babyhood. The other one is working her lower jaw in order to develop the lower part of her face, which she thinks is not round and curving enough; or, if she is married, she wants her race to look as well as the plumpiest among her lady friends. There is a little book in current use which gives the ladies the necessary instructions for poking this part of the face and working the other, and it is this little book that is giving our women this novel employment.

This manual for encouraging the vanity of women also gives instruction in the art of developing the arms and necks and busts of the sex, but what it proposes for them to do is only, after all, what they are doing and have been doing always for their own improvement. A man exercises for his health—a woman for her looks. The growth of fashionable life, with the attendant increase of the use of low-neck dresses, has set many and many hundreds of women who want to shine in society to racking their brains and busying their muscles toward improving their appearance. Many women who want to wear low ball and dinner dresses find they have bothersome bones in their necks which are quite useful in their way, but have no right to expose themselves just where a fair, smooth surface is desired. To sink these out of sight amid the fulness of a fashionable neck or chest is what is giving many a pugilist and fencing master and gymnasium manager wealth and business just now.

The women are doing more, perhaps, to make themselves healthy and pretty than they ever did or had a chance to do in modern times before. Horseback riding, rowing, swimming, walking, exercising in gymnasiums, sparring, playing games that strengthen muscles and develop forms, and studying hygiene—with as little study and as much fun as possible—are some of their

devices. Why, the young women are undergoing a revolution! Their mothers don't know what to make of them—though candor compels the admission that a great many of the mothers are paying as much attention to the subject as any one except that they may not all have the new science down as neatly as that lady of the stage who is described in the provincial papers as taking a cold bath every morning to preserve her health, washing her face with cold cream instead of water so as to avoid wrinkles, and walking like a postman to keep herself muscular.

GOSPEL OF EXERCISE.

It Should be Believed in by Women as Well as Men.

"The natural destination of women over 30," says William Blake in an article relating to physical culture, "is the sofa, a shawl and neuralgia." Surely a most discouraging prospect to the gentler sex. And yet, it is largely their own fault, for our girls neglect too frequently the exercise which would banish the latent weakness that hastens their arrival at the destination so graphically described by Mr. Blake. In our own city we find clear demonstrations of the theory of "physical degeneration"; men who should be our ideals of strength and beauty, are small and of almost effeminate physique. Girls who should be able to walk several miles without fatigue are completely overcome and good for nothing the remainder of the day if they walk many squares. And so it is—the whole race is becoming puny and feeble from lack of systematic exercise, upon which depends so much of their happiness, particularly of the girls, since they see across the "Rubicon" the sofa and a shawl, neuralgia and nerves, headaches and temper.

Miss Bertha von Hillern is a notable example of what it is possible for woman to accomplish by training. Devoted and conscientious artist as she is, her physical culture is not deemed second to her artistic, and a portion of each day is given up to this need of all nature, it becomes pre-eminently so to those who give it their rightful consideration. Not only does the material comfort depend upon regular, moderate exercise, but the mental growth and development as well. It stands to reason that vigorous health influences the mental conditions, and that the man or woman who is constitutionally the most robust will be capable of a greater amount of intellectual labor. Julian Hawthorne, who is an athlete mentally and physically, shows his opinion of the necessity of regular exercise for women in the training of his own little daughter, who, although but 11 years of age, can walk a mile in seven minutes easily. Imagine what a glorious specimen of womanhood she will be! No shawls or nerves for her, thanks to her father's superior intelligence.

Strength should be a woman's pride no less than a man's. Exercise alone will develop it, and at the same time impart that symmetrical beauty of form which characterized the "god-like Greeks." It has been too long neglected in our schools, as the pale faces of the children will testify. Few children really take any beneficial exercise while in school. The hour, or half hour, for recreation in the middle of the day is passed in studying the lessons for the afternoon session or in walking up and down the warm rooms and halls. This is partly due to the fact that few of the schools have yards sufficiently large to accommodate them in any pleasant pastime. This is to be regretted, as it is at this period of a person's life that physical training should be doing its work. The introduction of calisthenic exercises in the schools several years ago was the first step in the right direction, and gave the children a taste for physical culture, which was before unknown to them. Unfortunately, they must go through the various movements and drills in the school room, and so cannot inhale the pure oxygen, which is the most essential part of the benefit. The fashionable craze for lawn tennis goes to prove that our girls are becoming aware of their deficiency in the matter of out-of-door sports, and the enthusiasm which has been developed in them for this graceful and healthy game shows

that they are not behind this age of progression.

REMINISCENT WOMEN. Married or Single They All Like to Celebrate.

But talking of celebrations, don't you know, a woman must celebrate something, observes a correspondent of the San Francisco Chronicle. If she is married she wants to celebrate the foolish occasion annually. She'll keep it up till she uses up all the material, mineral and vegetable, that can possibly be used to make presents of. I suppose we'll have aluminum weddings and platinum weddings presently. But I know an old maid who takes all the medals. She celebrated the twenty-fifth anniversary of the nearest approach to being married she ever had. Twenty-five years before she had a beau who had been rather attentive. It worked up, as it does in the country, very slowly. That's very curious. Did you ever notice that the country sweet-heart who has the most glorious opportunities of pressing his suit, the most heavenly chances of wooing, is always bashful and backward? That's what novel writers always make out. I cannot believe it. It seems incredible that any kind of human nature should be so blind to the obvious meaning of creation; of nature with its silent wooing, its shady walks, its quaint turns in the path, its sentiment-inspiring brooks and streams. I recommend this subject as a philosophical study for blase society this summer—in pairs—when they go into the country. However, we've kept this old maid waiting. She may be accustomed to it but it is not polite. This beau on one eventful evening had waked himself up sufficiently to propose that he should take the young lady out for a drive. He seemed to have hesitated about it afterward, or it may have been from that bashfulness which the novelists describe. Anyhow he was late, and she was petulant and annoyed; or perhaps she put that on. At all events she told him that "for a cent she would not go at all." He pulled out a cent, handed it to her, drove off and never came back. And now with twenty-five years' retrospection she celebrates the anniversary of the event. She pretends to be glad. I doubt it.

THREE LOVE LETTERS. What the Pocket of an Old Dress Coat Contained and the Story Revealed.

In the inside pocket of the dress coat I found a woman's kid glove that had once been white, but was yellow and spotted with age, and three letters tied together with a dingy white ribbon. I untied the ribbon and opened them here at my desk at home. The ink was faded and the letters so worn in their folds that they almost fell to pieces. They must have been folded and unfolded a great many times. They were written in a feminine hand, at a time when such writing was in a small and running character, much different from the stiff, irregular, and somewhat unattractive scrawl which is in vogue to-day; and they bore so old a date that I am violating no confidence in giving them in full: Troy, June 8, 1837.—Dear John: I know how sad and sorry you must feel, because I know how wonderful I am. And we were so happy! If it could only have been as we hoped and prayed. It is very hard to think that this can be in any way be for the best; but I suppose we ought to think so. Perhaps we may think so some time when we talk it all over together, and feel the happier because we have known how sad separation is. It would be worse, dear, if I had lost faith in you or you had in me. That would be the worst. O, if I could only see you and tell you that I love you. I love you! I love you, I am so miserable an unhappy, and I want you so much.

HOW TO DRESS. A Vital Matter Which Few Women Thoroughly Understand.

The healthful dress for women must be made absolutely without ligatures or bands says the Philadelphia News. It is imperative from the very arrangement of woman's internal organization and her uses in nature. Here we have all the complex vital manufactures that supply life to muscles, nerves and brain. Just at the point most compressed by the corset is the most important organs of the body, important alike to well-developed womanhood and responsible motherhood. Any pres-

sure on these parts serves to disarrange and confuse the whole machinery of life. We have all heard women say: "I could not live without my corsets; confessing thereby to the partial paralysis of the nerve and muscular systems. How absurd! Nature will take care of herself if you will allow her the opportunity. Woman in a healthful condition has tremendous powers of endurance and resistance in the region of the waist. It was meant by divine wisdom that she should have. Were it not so, do you not suppose that the pressure, bands and weight brought to bear upon her would have done more to reduce her to a suffering invalid? Why, it would have killed her outright. Put men into woman's dress and they would become idiots or dead men in ten years. Dress should follow the lines of the body, and we should be clothed in all respects as our natural structure demands, beginning at the neck and following each arm and each leg comfortably to the feet. Having clothed the body according to the season and the necessity for warmth, in flannels, silk or cotton combination suits, it only remains to wear seat trousers, or if prefer to call it so, divided skirt, of the same material as the princess-shaped dress with its drapery, to complete a costume fulfilling all the requirements of health and freedom; and according to the thought and artistic taste expended shall we gain the other requirements of beauty. This style of dress is susceptible of an endless variety of modification and changes, and need never be ugly or monotonous.

ROUGH ON LITTLE WOMEN. Their Size Prevents Their Getting Good Situations.

Few have any idea of the trial and tribulations of cultivated women, small in stature, who seek honest employment in this city. The little lady may be modest, pretty, neatly dressed, affable in conversation, an agreeable in manner, yet almost every avenue leading to a respectable living is closed to her. The shopkeeper picks his female help in the spirit that animates him when he makes a display of goods in his windows. An it must be confessed that practically, if not theoretically, he is right. A commanding and fine-looking woman will sell a sealskin cloak in five cases out of six where a little body would fail. The little lady may be refined gold, but there is nothing impressive about her. Her small stature is misfortune that she cannot remedy. She cannot become a floor-walker in a dry goods emporium, for she lacks the swoop and carriage and the lordly plomb which awe employers and attract purchasers. She has great trouble in securing even a place behind the counter. Her fragility and tiny size are in the way. She cannot reach the goods on a top shelf, nor can she return them after a sale is made without climbing to the counter, which ungraceful act would quench the last spark of dignity left by nature at her birth. She is out of place, again, in the parlors of a fashionable milliner or dressmaker. You may find her sitting in a little back room adjoining, stitching away in a bad light and a worse atmosphere, with her knees up to her chin, but you will never see her in the salesroom.

EXPOSING THE ROUSSEAU. It is curious how French gauds, who have really no advantage to win by glaring

publicly, court it. Everything the bride receives from her family or friends is exhibited. There are exhibitions of her trousseau at the warehouses of the different trades people who have furnished it. Everything is on view, no matter how it may be named or to what use it is destined, and the public are apprised through the journals in reclaims, paid for at the rate of twenty-five francs a line, where the things are on exhibition. All the mounds gather around the tables in which the intimate clothing is laid out. English lingers have not the astonishing skill in getting up body linen in which there is nothing but a very small allowance of cambric and a very large allowance of fine Valenciennes. There is then the body "liners," made of tussore on foulard silks and lace and ribbon. "You see," says Labouche, "you see it all in costly trousseaux. It used to be the thing for brides of high lineage to have Quaker-like underclothing, but under the full blaze of journalism it has gone out, and is now thought old-fashioned and no credit to anybody."

POEMS IN SPRING RUFFS. Airy Fancies in Silk and Lace Coming With the Daffodils.

Such exquisite articles of lingerie and underclothing are displayed in the shops at this season that one is tempted to purchase them, even at the risk of being called extravagant. Lace, silk, muslin and ribbon are all combined to form the most bewitching articles.

Among the newest of these are the little "dora morning jackets made out of surah silk, with fronts of lace and china silk and all-puffed sleeves underneath the closing coat-sleeve. It must be a very plain woman indeed who would not appear to advantage at a breakfast table in one of these pale pink surah, with lace and bows of

things and intended for ornamental use. One seen on the avenue the other afternoon had two little bluebirds nestled on the outside. Flowers in Fashion and Art. The daisy is a favorite flower in silver jewelry. The daisy pin which Mrs. Cleveland wears has petals made of small, but very clear white diamonds, while the yellow center is represented by a superb yellow diamond. A sunflower pin is of gold, with a brownish diamond. Morning-glories will grow from the seed and blossom in two months after planting. If there is anything more beautiful than the morning-glory in summer it is the morning-glory in winter in a bay window as a climber. Single dahlias are greatly sought after by people who go by fashions in flowers. The seed of these should be sown in boxes by March, and the plants will come into flower as early as if the plant were grown from tubers. The new zebra zinnia is brilliant in coloring. Many of the plants produce flowers striped in orange, crimson, pink, yellow, violet, rose and scarlet. Callas will grow in water if their roots are in good, strong soil, but if this plan is tried the plants must be given a very high temperature.

Sure Sign of a Solid "Dash."

When a young man walks down the street in the gloaming between two girls of sweet 17, or thereabouts, it is easy to tell which one of the damsels is "mashed on him," as they say in the classics. She struggles up to him much more closely than the other, and the latter doesn't look up into his face with a sort of dying sleep expression every two or three seconds.

FROM LIFE TO DEATH

Is but a moment if rheumatism or neuralgia strikes the heart. These diseases are the most painful and the most dangerous of any to which humankind is liable. They fly from one part to another without a moment's warning, and liniments and other outward applications are in themselves dangerous, because they are liable to drive the disease to some vital organ and cause instant death. Rheumatism and neuralgia are diseases of the blood, and can only be reached by a remedy which will drive from the blood the dangerous acids. Such a remedy is Athlophoros. It has been thoroughly tested and is a safe, sure cure.

George Schneider, employed at the sash factory of Huttig Bros.' Manufacturing company, Muscatine, Ia., says: "About a year ago my wife was afflicted with both rheumatism and neuralgia. She had used numerous remedies with no apparent relief. Having learned of some of the cures effected by Athlophoros, I bought some for her. I think it was four or five bottles she used, since which time she has been entirely well of both rheumatism and neuralgia." As she was a very great sufferer, I consider Athlophoros a very efficient remedy in curing such a case.

W. C. McClain, clerk for Smith & Bonesteel, druggists, Atlantic, Ia., says: "I have tried everything I know of for my rheumatism, but nothing did me any good until I used Athlophoros. It was in July, 1884. I was confined to the house for over a month and was obliged to use crutches. I suffered with this rheumatism for about a year. Finally I decided to give Athlophoros a trial, thinking it would be no better than the medicines I had used. I felt a change after I had used a bottle. I continued using it and have not had any rheumatism since."

Every druggist should keep Athlophoros and Athlophoros Pills, but where they cannot be bought of the druggist the Athlophoros company, 112 Wall street, New York, will send either (carriage paid) on receipt of regular price, which is \$1 per bottle for Athlophoros and 50 cents for Pills.

For liver and kidney diseases, dyspepsia, indigestion, weakness, nervous debility, diseases of women, constipation, headache, impure blood, etc., Athlophoros Pills are unequalled.



Sackett & Wiggins' MAMMOTH Dime Museum! 94 to 96 East Seventh Street. WEEK OF MARCH 14! THE Monarchs of Minstrelsy



McINTYRE & HEATH'S MINSTRELS Headed by the Great and Unapproachable Master Minds of the Minstrel World, The Great Hickory Quartette, In their Original Efforts. HOMER & WILEY, Eccentric Dancers. In the Curiosity Hall! A CONCLAVE OF MIND PUZZLING MARVELS. 10c ADMITS TO ALL! In Theater No. 1! WHITING'S BRILLIANTS. 10c.