

SKIPPING FOR HEALTH.

Youthful Amusement Advocated by a British Physician.

HELPS LUNGS AND REDUCES FAT.

Valuable as an Exercise For Young and Old of Both Sexes, Says Dr. Francis Bond—Experience of a Content Woman at Skipping the Rope—Famous Prize Fighters Who Have Been Skippers.

In the National Review Dr. Francis Bond of London speaks in high praise of skipping the rope as an exercise for young and old of both sexes. It costs nothing, it can be done at home, it needs no partner or opponent, it helps the lungs, it keeps down fat.

"Not the least of its merits," writes Dr. Bond, "is the ease with which it can be graduated to meet the capacity of even the feeblest tyro. Skipping is essentially a rhythmic exercise. It is this essentially rhythmic feature of skipping which enables it to be graduated so precisely. The skipper who adjusts his movements to a definite rate per minute may be assured that in ten minutes he is expending just ten times the energy that he expends in one minute.

"Although skipping, like all other movements which call the muscular system generally into play, exercises a distinctly beneficial influence on those muscles which it most uses, it is to its effect on the heart that we must look for the criterion of its value from a physiological point of view, for the heart is the muscle which, above all others, needs to be trained for sustained physical effort of any kind. Whatever tends to strengthen the heart promotes the circulation and aeration of the blood through the lungs, the increase of the secretions and of the general tone of vitality throughout the whole body.

"There is also another consideration which the adult who embarks in skipping must keep in view, and that is the possible existence of mischief in the lungs or in some other part of the body which may be intensified by too sudden an increase in the circulation of the blood. If the mischief is known to exist it will be easy to test the effect of skipping upon it by careful observation of graduated employment of the exercise.

"The deposit of fat in different parts of the body, though primarily a physiological process and one which has its unquestionable uses in the animal economy, easily passes into a condition in which it becomes a disease. In this condition it is due to one of two causes, or in some cases to a combination of both—over eating or drinking or want of the exercise which can alone balance such indulgence. A lady writer, who speaks with no mean authority on all that relates to female hygiene, says, in speaking of skipping, that 'for keeping corpulence at bay there is nothing to equal it,' and relates the experience of a poor but unhappy lady of her acquaintance who, being threatened with embonpoint, adopted the advice of a candid friend and took to skipping as her daily exercise. Living in a neighborhood where the barrel organ music is rampant, she is proof of the saying that 'it is an ill wind that blows nobody any good,' for she so managed her work that as soon as the day organ reaches her end of the street she can take her skipping rope into her

A WORD OF COMFORT

To the Distressed.

Fortunately for those suffering with Rheumatism in all its various forms, including Sore Joints, Sore Muscles, and Sore Feet, a remedy has been discovered by modern science which in every instance effects a speedy and positive cure. This new remedy is founded on scientific principles which are acknowledged by the medical world as the only correct treatment for Rheumatic or Neuralgic troubles. Medicines taken internally rarely ever effect a cure without upsetting the stomach. As a rule, they injure the digestive organs, shatter the nerves, and in many instances the patient contracts a drug habit which leads eventually to a decline of the physical and mental forces.

Paracamp is the new remedy and it is a departure from the antiquated methods. Paracamp enters into the system through the natural channels, namely, the pores of the skin. When applied it opens the pores and allows the healing, soothing oils to penetrate the sore, inflamed membranes and muscles, removes the congestion and draws out the fever and inflammation, by inducing sweating. This is the only treatment that can be endorsed by science, and is guaranteed to cure even the most obstinate cases of Rheumatic Swellings if used as directed. Paracamp can be procured at drug stores in 25 cent, and 50 cent, and \$1.00 bottles. Write for book of testimonials, sent free. The Paracamp Company Louisville, Ky., U. S. A.

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D. F. DAVIS, "The Druggist," 262 North Main Street, Barre, Vt.

paved back yard and skip in regular measure to its rhythmic if noisy music. She is now slim and upright as a dart, bright of face and ready for anything.

"In such a case as this the effect of the increase of the circulation produced by skipping is to remove the superfluous and practically dead tissue (fat), in which the disease of obesity consists, by the augmented local nutrition which it sets up. But the victims of this unhappy affliction will delude themselves if they imagine that they can easily rid themselves of the incumbrance of their too too solid flesh by the aid of skipping alone or of any other therapeutic agency, however rich it may be valued for the purpose, without at the same time teaching the evil of the other end by cutting off the excess of food which is the prime cause of it."

Dr. Bond mentions Jim Mace, the pugilist, as having used skipping to get himself into training for ring encounters. He might have cited more modern examples. The only John L. thought they were pulling like it. In a single session of profusely sweating skipping, when he was beginning training and in bad condition, he could reduce his weight by six pounds. Other famous prize fighters use the rope a great deal.

TEACH THE CHILDREN

A delicious dentifrice makes the tooth-brush lesson easy. SOZODONT is a fragrant liquid cleanser, penetrating the little crovices of the teeth it purifies them.

SOZODONT TOOTH POWDER

polishes the delicate enamel, but does not scratch, thus it prevents the accumulation of tartar, without injuring the enamel, a property found only in SOZODONT.

3 FORMS: LIQUID, POWDER, PASTE.

EXPLOIT OF JAPANESE.

How One Company of Foot Held Large Force of the Enemy.

DRAMATIC DETAIL OF YALU BATTLE

Six Hundred Infantry, Ammunition Exhausted, Bravely Charged Mounted Cossacks—Was Detained to Desperate Position in Kuroki's Masterful Trap—Bravery of Russians, Called to Fight While Starving.

We reached Moji late in the afternoon, says Will Levington Comfort, the staff correspondent of the Pittsburgh Dispatch in Japan. All day passing among the Korean islands we observed Japanese transports making their way to and from the Liautong peninsula. I counted eighteen steamers during the day, all flying the Japanese flag. The outward bound were heavily loaded with men, while the returning ones tossed lightly upon the long swell.

There were half as many more transports in the harbor of Moji, and as we crawled in among them I was astonished to see a fur cap, then gray coats, then clumps of fur caps. This was Moji on the right, with Simonoski on the left, and yet here was a deck load of Russians on a Japanese transport. The Russians stared stolidly and made no answer. In a moment every one understood. These were prisoners captured during the first great fight on the Yalu. Most of them had stood up—for a space—under the nervous, inhuman charges and countercharges of the "Terrible Twenty-fourth"—Satsuna Japanese.

I have an account of one dramatic detail in the day's fight. This account I received from a wounded Japanese officer at Simonoski. At least he painted the thing as he saw it. For several hours, he declared, three companies of the heroic Twenty-fourth Japanese infantry held a force of Russians many times as large from breaking out of the masterful trap laid by Kuroki. They occupied the only weak link in the cordon, having been thrown around the north and west of the Russian position on the eminence known as Tiger's head. The Second division was meanwhile executing a brilliant flank movement that won the day. This movement required hours, however, and the 600 of the Twenty-fourth regiment were standing the gaff until the lions were loosed.

The Russians tried to cut their way out. Four batteries of artillery sent down a crumbling fire upon the gritty little band. The Cossacks dashed into the Japanese, but their lances were met by bayonets. Captain Makizama of the Fifth company of the Thirty-fourth, whose outfit was perhaps catching the most withering fire, stood up and commanded his pulverized outfit to hold. His men held.

The 600 pumped their Muratas until their belts and the ammunition wagons supporting them were empty, until their arms were black and swollen, their ears full of agony and their eyes flaming. It was declared that some of the men fired the almost incredible number of 400 shots. Ammunition gone, Makizama is said to have risen and shouted: "It is time to die! Charge bayonets!"

I know of no historical replica—that of an inferior and ammunitionless body of infantry charging the three branches of the enemy's service.

Makizama's men are said to have answered. Bayonets against lances! Cossacks spitting the enemy upon their lances even as their mounts go down! The Russian batteries were out of it because of the close quarters of the two forces on the down grade of the hill.

But the Second division came in time to save a fragment of the 600. Fugimuro's battery was the first to arrive, and as the big guns thundered up at a gallop, and the infantry was seen racing behind, a white rag upon a Cossack lance was thrust up and shaken on the top of the hill.

In the first place, the reports of the battle from various sources had stated that the Russians—foot, Cossacks and artillerymen—were the flower of the Muscovite army. In their faces I could see little to stamp them as a breed of men superior to the raw, untried troops I had seen in western Manchuria, but these men had fought with courage and stubbornness, holding their own against a killing fire and a series of whirlwind charges, brilliant and brutal enough to stampede a legion of Berserk vikings—holding their own until overcome. I have even heard the Japanese say that these men did well. The Japanese say they were starving when taken. If this is true, more glory to their stand.

What a "Sotnia" is. "A sotnia of Cossacks" has been frequently referred to by correspondents of late, and everybody perhaps does not know what a "sotnia" is. It is a term which has a social as well as a military application and among the Cossacks means what "hundred" in local government used to stand for in England, says the New York Globe. For war purposes the mounted Cossacks are organized in "polks," or regiments, of light cavalry about 900 strong and formed usually of six "sotnias." The English military equivalent is squadron.

In Memory of John Harvard. American residents of London propose to honor the memory of John Harvard, founder of the famous Massachusetts college, by a window in St. Saviour's church, Southwark, where he was born.

A FRAGRANT PANSY.

Floral Marvel With the Odor of Violets.

Fragrant pansies are the new wonders that are attracting the attention of the floral world, says the St. Louis Republic.

This wonder was created by Gustavus Pauls of St. Louis. Mr. Pauls is very proud of his new pansies, yet he is very modest about claiming the honor of originating them. He attributes their creation to the wisdom of the insects, which he claims are the kings of cross fertilization and hybridization.

The pansy has, from its advent in the floral kingdom, been a favorite with flower lovers on account of its rich coloring and for its facelike blossoms. The only fault ever found with the pansy by the most fastidious was that it was odorless, but now that the fragrance of the sweet violet has been added to its many good qualities it bids to be more of a general favorite than ever.

"All the hard I had in creating the fragrant pansy was planting pansies next to sweet violets. The insects and the jealousy of the pansies did the rest," declared Mr. Pauls. "At my home in the country I planted pansies and sweet violets side by side. The pansies tried to outshine the modest violets. They flaunted their colors, nodded their heads and smiled at the bees all in vain.

"The modest little violet shed its fragrance, and the bees were attracted by it. They drank of the violets' sweetness until they became intoxicated. They were always hovering over the violets.

"The pansies grew jealous and determined upon having fragrance, too, so they flaunted their colors to the bees again, and the bees, laden with the pollen from the violets, kissed the lips of the pansies and cross fertilization took place. The result was fragrant pansies."

RUSSIAN ICONS.

What They Really Are and Method of Making Them.

Icons, about which so much has been heard since the commencement of hostilities between Russia and Japan, have been described as an ingenious evasion of an ecclesiastical prohibition. Members of the Greek church of Russia, where images are forbidden, do not carve a figure out of marble or shape it in bronze for their places of worship, but they paint the face, hands and perhaps the feet of a saint on wood and form the robes by means of metal-work in relief. The nimbus of the saint is not infrequently enameled, and in some cases the drapery is studded with precious stones. In the seventeenth century there was a great demand in Russia for portable icons, especially from members of a sect known as the Old Believers, who, as they were under the ban of a persecuting government, wished for icons that they could carry about and conceal with ease, says the New York Telegram.

Only Russian patience perhaps could have proved equal to the task of producing the delicately worked and almost microscopic objects that speedily became popular—a Last Judgment, for instance, represented on a background of a few square inches—but, according to some critics, it is in these things that Russian art is seen at its best. Small icons are sometimes found on soldiers killed in war.

Icons may represent anything from the figure of a saint to a historical scene, such as a martyrdom. From the number of scenes contained in these objects the peasants came to call them "churches," for there were not more pictorial representations within the church itself. Such icons may be of brass or of carved boxwood, being sometimes ornamented with enamel.

Making Use of Stumps.

Whatcom county, Wash., has a novel plant for the making of tar and turpentine, says the Seattle Post-Intelligencer. The promoters have a force of men engaged in taking up the roots and stumps of fir trees that were cut a quarter of a century ago. These are said to produce the best grades of gum and pitch. The work promises to revolutionize that industry. Thousands of acres of logged off lands will be utilized in supplying stumps for factories that may be established in different sections of the state. The work is said to be profitable.

School For "Cabbies."

A school for cabbies is to be established in Vienna, where, besides practical training in driving and harnessing, theoretical instruction will be given in the topography and history of the city. The characteristics of the chief buildings and monuments are to be taught, and students are to be instructed in "politeness and proper behavior."

Russian Army Rations.

The daily rations of a Russian soldier in the field are two and one-half pounds of bread or one and three-quarter pounds of biscuit; one pound of meat and, for making soup, four ounces of barley groats, three-quarter ounces of dried vegetables and three ounces of flour. Then salt, pepper, tea and sugar are given out in the usual quantity.

Insurance For Servants.

An attempt is being made in Vienna to persuade servants to pay 20 cents a month toward an old age insurance, but after three years of work the sum needed to start the enterprise has not been secured.

Korean Tastes.

Ten is almost unknown in Korea. The diet consists principally of rice, pork and dog meat. Heds are not used. The natives sleep on the floor, which is covered with oiled paper.

10 Men Ask the first ten healthy men you meet. They will answer, "We take Ayer's Pills." One pill at bedtime. Keeps the liver active. Prevents trouble. Cures constipation, biliousness, sick-headache. J. C. Ayer & Co., Lowell, Mass.

SIRENS AND SONS.

It is estimated that Andrew Carnegie's gifts for all purposes now total \$100,000,000.

Maryland's youngest mayor is John A. Garrett, mayor of Glen Echo. He is scarcely twenty-two years of age.

Dr. J. J. Eisenhut of Denver, aged 104, has about begun to live, being convinced that he will reach the age of 1,000.

Dr. E. J. Dillon, a correspondent of the London Telegraph, is said to know more languages than any living journalist.

Nathaniel Milliken of Buxton, Me., aged ninety-four, holds a record of having participated in sixty-nine annual town meetings.

Hon. John C. Watson, the new premier of Australia, was until recently a printer. A few years ago he deserted the case for journalism and politics.

Dr. J. Farness Brice, ship's surgeon on the Cyrric, is now on his eight hundred and nineteenth voyage. So far in his life he has traversed something like 2,500,000 miles, equal to 65 x 100 times around the globe.

That Austen Chamberlain assiduously cultivates his resemblance to his father no one doubts for a moment. The monocle, the method of parting the hair and the peculiar cut of his cuffs are obviously aids intended to enhance the naturally strong likeness.

Lord Granby, son of the Duke of Rutland, is one of the few sons who sit with their fathers in the house of lords. He is fifty-two years old and gets his seat by virtue of his newest title, Lord Manners of Haddon. Father and son are white of hair.

Sir Norman J. Lockyer, the English astronomer, is sixty-eight years old. He is a fellow of the Royal society and has served in the science and art department at South Kensington. He has gone on eclipse expeditions without number and has written about the chemistry of the sun.

When Dr. Nansen has an expedition in view he dispenses with tobacco and all forms of alcohol and even with his overcoat, no matter how severe the weather may be. He is of opinion that by adopting this course he puts himself into the best possible condition for withstanding cold and fatigue.

Rice Water. Rice water is very useful in some cases of sickness. Wash two ounces of rice in cold water, set it on the fire in a quart of water and cook for an hour. Rub through a hair sieve and sweeten with honey. Lemon juice may be added to flavor.

Denmark Farms. In Denmark most of the farms are from five to twenty-five acres and are owned by the peasantry. About half of the land is in oats, hay, pasture and root crops for the horses, milk cows and sheep. In proportion to her size she has more cattle than any other country in Europe.

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FOUR FREE TRIPS TO WORLD'S FAIR. Daily Times Will Send Popular Persons to Exposition—Ten Days' Trip and Expenses Paid. Beginning with this issue of the Times, and in every issue until and including that of Friday, July 1, there will be printed on the second page, a coupon entitling the holder to cast one vote in any of the four classes above specified. In classes 2, 3 and 4, for every yearly subscriber to this paper at \$2.50 paid in advance, 300 votes will be given; for six months at \$1.25 paid in advance, 150 votes will be allowed, and for three months at 75 cents paid in advance 75 votes will be allowed. Subscribers owing a subscription can pay up at the rate of \$3.00 a year and have votes credited accordingly. To each of the four winners we shall present a coupon ticket which will include: 1. Railroad fare from Barre to St. Louis and return. 2. Berth in Pullman Palace Sleeping Car, each way. 3. All meals en route, in dining cars or at hotels. 4. Stopover at Niagara Falls, with trip over the International Belt Line through the Canadian National Park to Queenstown, across to Lewiston, returning over the Great Gorge Route. 5. Transfer between depot and hotel at St. Louis. 6. Five days' board (room and meals) at hotel at St. Louis. 7. Daily admission to the grounds of the Louisiana Purchase Exposition for five days. 8. Special steamer excursion on the Mississippi river. 9. A handsomely illustrated "Guide to St. Louis" with large map of the city and the Exposition grounds. 10. A traveler's accident insurance ticket for \$1,000 (with \$7.50 weekly indemnity for five weeks in case of injury) good for one year.

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