The Richmond Palladium


It has become commonplace to speak of
ferment in all lines of thought and every
partment of action, but it remained for
Oliver Lodge in a recent address to reveal
full extent of the upsets in old ideas. V
characteristically Sir Oliver himself offered
or two jolts to his scientific colleagues of "orthodox" type but eased up the process change.
There is the conflict in physiology betwe those who look upon the individual chine and those who thin
being manifested through struggling
lieving t foundations electric energy. Biologists enjoy a battle roya ians, Darwinians and Weiss
fur fly. The educational w fangible against Aristotle and all the dear old authorities a stinging book a little while ago called "Medic Chaos and Crim ences' so r
Everything
to judgment day has been placed under the micr scope of modern curiosity
Trul
are pull
body under heaven can tell what the end will be We will
Muscle Vs. Physique.
Those familiar with the old ideas of physical
culture know the aspiration of the gymnastic
youth was to develop big biceps and make his
muscles stand out in ridges. Sandow and the
Terrible Turk were the models which inspired the
effort to lay on as large a layer of beef on the
bones as possible. Heavy apparatus was used
and it was supposed every conscientious gymnast
would gladly work at weights and pulleys and
other ponderous machines until overcome with
weakness or fatigue.
That ideal is passing. It was discovered that
one may become wonderfully muscle bound and
yet be a weakling. A startlingly large number of
the foremost "strong men" passed away with
tuberculosis while countless other athletes were
snapped up by heart trouble or typhoid. Even
now we read that Ralph Rose, the world's cham-
pion shotputter, lies in his San Francisco home at
the point of death from typhoid. This big giant
hasn't revealed the vitality found in many slen-
der school girls.
ahe new ideal is to develop not muscles but
vitality, not biceps but physical efficiency. When
a man had to catch and slay his dinner with his
own hands to be endowed with Sandow's muscu-
lar apparatus was very desirable but in our com-
plex modern times such a physical outfit will not
meet the changed conditions. A wiry, quick,
and not too ponderous physique is far more ne-
cessary than eighteen inch biceps or a fifty inch
chest.
$\square$
the words of that militant, high soul, Richard
Watson Giider, sings.
"For autumn days
To me not melancholy are, but full
Of joy and hope, mysterious and high;
And with strange promise rife.".
This is more just. To a healthy spirit autumn
is anything but melancholy and has a beauty and
a glow as vivid and rich as the spring itself. Flow-
er lovers have goldenrod, gentians, Joe Pye weed.
evening primrose, the purple burning iron weed,
dozens of varieties of aster, and a score or more
of fall blossoms to revel in, while the artist soul
enjoys the very feast of all the seasons. Sun-
sets are splendid, landscapes are softened and
subdued, skies are tender, and farms and farm
buildings more picturesque than at any other
time.
Beyond this, nature's life reaches its grand
climax when grasses and plants grow sere and

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Colored People Get
Share, Says J. A. Reed
ENDORSED AT HOME

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## PRANATIC NEWS

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