

The American Athlete as Revealed by Olympic Games

By DR. JOHN W. BOWLER,
Director of Physical Training at Dartmouth College.



IN the Olympic games at Athens the American athlete again demonstrated his superiority. I regret that so many of our best athletes found it inexpedient to take the trip. If the games could have been held later—along in July—we would send a great many of our best college, as well as noncollege athletes, to take part in those classic contests.

Most of the athletes that took part in those games were ill-prepared, as there had been very little opportunity for outdoor training previous to the time it was necessary to leave this country, in order to reach Athens in time for the games. For the above reason the glory is all the greater; the character of the American athlete is indeed sterling; the powers and possibilities of the American athlete are greater than those of any other nation.

Whatever may be said of those who take part in athletic contests, it cannot be denied that the athlete must necessarily practice the rugged virtues of courage, fairness, resolution, self-dominance, discipline, and in most sports, cooperation. He attains by the practice of athletic sports, endurance and respect for the power and ability of the other fellow. If he is inclined to be conceited or, as the boys say, "swelled-headed," he soon loses that and becomes a man. With these virtues he also attains grace, that which comes with strength only, and usually after his athletic career is over he carries these virtues with him into his business and social life.

Many of our large and small cities have established public athletic grounds, where the young and old can find some form of physical recreation suitable to them, during the open season, and notably the city of Boston, which, not content with this, has also established public indoor gymnasia, thus giving an opportunity, at all seasons of the year, to those who desire to cultivate physical development.

Most of our college and preparatory schools and many of our public schools have in the curriculum a course of physical culture.

All this tends to increase the powers and possibilities of the American athlete.

The Servant Girl and Her Company

By ELIZABETH MESEROLE RHODES,
Secretary of the Inter-Municipal Research Committee of New York.

While employers continue to theorize regarding advantages of housework over every other form of occupation for women, conditions show that the better class of girls are making their way into shop and factory and office life, becoming overworked stitchers and underpaid salesladies and inefficient stenographers, instead of taking up the "womanly" employment of housework.

Now let us look into this theory of the "nice home," and see if perchance we employers have been hugging a delusion—whether we have been making the mistake of believing that because we have a pleasant home, that establishment is equally attractive and equally homelike from the employe's point of view.

The perfection of the home, apparently, depends on whether one's place in it is that of mistress or of maid. Let us compare for a moment the home of the houseworker with the home of the office or factory worker. By "home" I do not mean the quarter of the city in which she lives, nor the external appearance of the house. I mean the real hearthstone of the girl, the place that she calls hers, whether she shares it with a fellow worker or rooms alone—the place where she lives her individual and inner life.

Then, there is the question of entertaining company, girl friends and men friends. "Now here," says one housewife, "is where the houseworker has the advantage. She has a nice kitchen in which to entertain her company. The girl in a tenement has often no place to take her caller that is not already overrun by the family; and if she is boarding, she often has no place at all." Mistress housewife, your argument is logical, but perhaps the working girl is devoid of logic. In any case, she continues to hold a prejudice against entertaining her friends in the kitchen, and the young men continue to share that prejudice. Houseworkers tell me that their chances of marriage are less than those of girls who work outside the home. I have no statistics to show on either side, but whether the statement is true or not, so long as young women believe it to be true the occupation will be less popular with them than other industries. For every woman of normal feelings desires to marry, or, at least, desires a chance to marry. If she remains a spinster, she likes to feel that it is from choice, not from necessity.

Pessimism the Philosophy of the Weak Man

By REV. A. K. DE BLOIS, D. D.

Pessimism is usually the philosophy of the weak man. It finds small faults and magnifies them. It finds great faults and despairs. Great statesmen, great organizers, great religious leaders have always been optimists. Ten men, members of Israel's committee of investigation, saw the children of Anak in the land of Canaan. Big fellows, giant-like and tremendous fighters, were those Anakim. So the ten men straightway lost heart, abandoned hope and fled out: "We can't do it! They're too many for us and too strong!" The two heroes of the party declared: "We can eat them up, we can destroy the Anakim. The grapes of Eshkol, the land of milk and honey, is ours by right. It belonged to our fathers. Let us go up and take it." They were neither dark-browed pessimists nor mealy-mouthed optimists. They were men of hope.

We need the spirit of the two, not of the ten. America must be made God's country. Whining and kicks will not make it so. It belongs to his people by inheritance. The disclosures of the divorce courts make me shudder. But remember the tens of thousands of pure homes and happy family circles. We read magazine "exposures" and lose heart. But our civic and political life is not rotten to the core," as some say. There are evils enough, God knows, but the people beat time and, I believe, the number of uncorrupted and incorruptible men in the public service vastly outranks the number of the venial and degenerate.

SCHOOL GIRL'S DRESS

SHOULD NOT THINK TOO MUCH ABOUT THIS VEXATIOUS MATTER.

Most Schoolgirls Too Young and Too Pretty to Require Much Ornament in Their Dress—Don't Worry About Your Figure If Your Dress Is Comfortable—Health Is the Great Beautifier.

BY MARGARET E. SANSTIER.
"Jessie has reached the age when she usually wears a dress," says her dress, looks at herself in the glass, waddles before her cloak or her hat or her jacket or something else, is last year's style, and altogether beautiful. Jessie's aunt Marion, who has no patience with such frivolous conduct.

"Jessie had been the fourth daughter in a large family," said Mrs. Elizabeth, looking up with a smile "she would have learned to be thankful for small favors. Until I had passed my thirteenth birthday I never once went out of the house without a costume every bit of which had been made for me. I usually wore Susan's last year's frocks and Mildred's last year's hats, retouched and freshened up, and when I had a jacket of my own, it had been worn before me by Ethel. Mother always bought good things that would last, and they lasted until several children wore them out. I was cured of fussiness before so much as a wee leaf of it dropped up in my character. Generally speaking I had new shoes and that was a comfort."

Jessie had listened to all these remarks with an air of serious attention. "I love pretty things," said she, "and I hate ugly ones. Why shall sister Louise, who is a young lady, wear a corset that gives her a good figure while I who have no figure at all am obliged to wear a corded waist and button my skirts to fit?"

By this time I was so stirred up that I was compelled to intrude my views on the girls.

"What on earth can you be thinking of, Jessie? A school girl's first duty to herself is to wear healthful dresses and, although it is not so excellent and suitable in their place for grown up young women, they are not parts of hygienic dress for you. I hope that you spend a good many hours every day out of your room, your director of physical culture superintends your calisthenics and your exercises in the gymnasium. The gym is as much an educational place for you as the Latin class or the recitation room where you study and present any other abstruse subject in the school. For daily use a school girl needs well-made loosely fitting blouses and skirts and a jacket of all her clothing should hang not from the hips but from the shoulder.

"Deep breathing is your great necessity; your lungs should be filled daily and often with the purest air, and your chest have abundant room to expand. As for shoes, you must have common sense lasts broad enough in the sole and low enough in the heel to enable you to tread with ease and grace. A school girl must not wear a tight shoe nor a high heel. You are too young and too pretty to require much ornament in your dress, and there is no sense in your fussing over shirt-waists and simple stocks, hair ribbons and belts.

"One third your wardrobe is supplied with what is comfortable and you have enough with a good hat, your cape, a rain-coat and a sailor hat, you are ready for every occasion."

"For receptions and commencement and Sun day evenings at home?" queried Jessie, with a dimpled smile, playing hide and seek as she archedly glanced at me.

"I beg your pardon," I answered. "A girl does need one or two dainty frocks for evening wear, and they should preferably be white. The simpler they are the more suitable they are sure to be. A great many tucks, puffs, ruffles and lace insertions are misplaced in a girl's dress while she is yet in her teens. There may be, of course, some unobtrusive decorations, but not very much is needed for herself, and if she is really like to think, too, that a girl who is growing up takes a little time now and then to bestow attention on the laundress who has to wash and iron a white muslin gown, or a dark skirt, will know by experience that it is far from easy work, and she will be somewhat more careful about her care of herself. Health is the great beautifier and sensible dress is for young people its best ally.

"A young girl who has once or twice done her own laundry work, washed and ironed a white muslin gown, or a dark skirt, will know by experience that it is far from easy work, and she will be somewhat more careful about her care of herself. Health is the great beautifier and sensible dress is for young people its best ally.

"No young girl has the slightest occasion to worry about her figure if only she has a dress that fits her comfortably, if she stands up straight throwing back her shoulders and holding up her head. The figure will take care of itself. Health is the great beautifier and sensible dress is for young people its best ally.

Fortunately for young girls, there is no question about the length of their skirts for evening wear. Frocks that reach the ankle, are comfortable and insure ease in walking, and immunity from contact with mud and dirt. For functions such as Jessie referred to has been the case at all receptions and Sunday evenings, a girl's best gown while she is in her teens may be instead length. Girls never wear trailing skirts in these

days. An excellent adjunct to cleanliness, comfort and health is a whisk broom or a clothes-brush scrupulously used every time a dress is taken off. If we would carefully brush our clothes and shake them out of an open window before hanging them in closets or wardrobes, we should rid ourselves of the danger of germs that may have lurked in outside dust. Girls should be grateful that their lot is cast in the twentieth century. An eighteen-year-old girl, or one born in the early nineteenth, wore a short-waisted frock with the skirt beginning under the arm-pits. It was of clinging stuff and swept the floor as she walked. Her shoes were thin slippers without heels held on by strings crossed over the instep and around the ankles. On her head she often wore a construction of muslin and wire that was half turban and half cap. Her sleeves were short and her dresses half up to the neck, as a rule. Do you not think that you are much better dressed than she was, both for health and beauty?"

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ADVICE ABOUT THE TEETH

Select the Brush with Care, Consult a Dentist Whenever Certain Symptoms Appear.

So many people show little discrimination in the choice of tooth brushes. It is equally wrong to have them too soft or too hard. This ought to be ascertainable by the touch, and they should not be used for any length of time. It seems quite a weakness in brushed with which the market is now flooded are an abomination, for the hairs are sure to come out and lodge between the teeth, causing much discomfort. Moreover, the bristles are often secured in such a way with wire that it becomes dislodged, and cracks the gums. Teeth should always be closely watched, and if the gums recede, it seems quite a weakness in the tooth brush. It is equally wrong to have them too soft or too hard. This ought to be ascertainable by the touch, and they should not be used for any length of time. It seems quite a weakness in brushed with which the market is now flooded are an abomination, for the hairs are sure to come out and lodge between the teeth, causing much discomfort. Moreover, the bristles are often secured in such a way with wire that it becomes dislodged, and cracks the gums. Teeth should always be closely watched, and if the gums recede, it seems quite a weakness in the tooth brush. It is equally wrong to have them too soft or too hard. This ought to be ascertainable by the touch, and they should not be used for any length of time. It seems quite a weakness in brushed with which the market is now flooded are an abomination, for the hairs are sure to come out and lodge between the teeth, causing much discomfort. Moreover, the bristles are often secured in such a way with wire that it becomes dislodged, and cracks the gums. Teeth should always be closely watched, and if the gums recede, it seems quite a weakness in the tooth brush.

Parents cannot be too careful in instilling into their children early the necessity of care and attention to the teeth. It seems quite a weakness in the tooth brush. It is equally wrong to have them too soft or too hard. This ought to be ascertainable by the touch, and they should not be used for any length of time. It seems quite a weakness in brushed with which the market is now flooded are an abomination, for the hairs are sure to come out and lodge between the teeth, causing much discomfort. Moreover, the bristles are often secured in such a way with wire that it becomes dislodged, and cracks the gums. Teeth should always be closely watched, and if the gums recede, it seems quite a weakness in the tooth brush.

The writer remembers how as a child an old nurse who had been in the same post for two generations took infinite pains to teach her charges exactly how they should clean their teeth. She always said that pastes and liquid dentifrices were all very well in their way, but that powder should be used once a week at least, and that there was a great art in using a proper brush, which should be small and soft, and not too big for the mouth. It should be not only passed from one side to the other, but up and down, and great care taken to clean the back teeth as well as the front; finally it was essential to wash out the mouth with water, to which a few drops of fragrant dentifrice liquid should be added.

FROM FOREIGN LANDS.

One Can Put Great Deal of Money Into Tiny Turns-Overs of Exchange-Make.

It is strange what a little extra thrill of delight one has in possessing a dainty article of wearing apparel that came from a long, long distance, writes a lady in the Ohio Farmer.

The upper one of these three collars shown in the cut came from Armenia.

Shaw-Was Murdered.

Mount Carmel—The body of Clyde M. Shawalter, the rich farmer who mysteriously disappeared last October, was found and buried in a place in Patoka creek, opposite this city. He was identified by his watch and clothing. He had been murdered on this side of the river and the body taken to the Indiana side and thrown in.

Gift to Monmouth College.

Monmouth—News has been received that the late Dr. M. W. Lee, of Pittsburgh, former financial agent for Monmouth college, bequeathed \$25,000 to the institution.

Charged with Bucket-Shopping.

Jacksonville—The grand jury returned indictments against C. F. Tonn and John A. Carpenter, operating as the Star Commission company; Oscar Walsberg, T. S. Erskine, W. E. Welch and J. W. Halston, charging them with operating bucketshops.

Struck Gas at Washville.

Washville—A few drops of clear vinegar rubbed into the hands after washing clothes will keep them smooth and take away the spongy feeling they always have after being in the water a good while.

Illinois State News

Recent Happenings of Interest in the Various Cities and Towns.

Grand Army Elects Officers.

Galesburg.—Officers were elected on the closing day of the fortieth annual encampment of the Illin. G. A. R. as follows: Commandant, E. H. Buck; Rock Island; senior vice commander, Charles B. Wilson, Chicago; junior vice commander, W. E. Ward, Galesburg; department chaplain, E. H. Buck; G. R. Van Horn, Rockford; medical director, Dr. E. P. Murdock.

Work of Illinois G. A. R.

Galesburg.—Illinois encampment of the Grand Army adopted unanimously a resolution that wives of soldiers should be allowed to take the state home at Quincy, and that the state should pay the expense of the department's printing. The resolution requested the appointment of a committee to present these matters to the legislature. Decatur was selected as the next place of meeting.

The Union Veterans' union, reporting 8,000 members in Illinois, elected John S. Varley, of Chicago, major general.

The Woman's Relief corps elected Mrs. Mary Lincoln, of Aurora, state president.

The Woman's Veteran Relief union elected Mrs. Charlotte Randall, of Chicago, and the Sons of Veterans' auxiliary chose as its president Mrs. Ida M. Peterson, of Rockford. Harry L. Wasson, of Peoria, was elected president by the Sons of Veterans.

Plan to Help Farmers.

Chicago.—Farmers will receive more money in all seasons of the year for their vegetables, poultry, fruits and dairy products if the plans of the American Society of Equities, which will meet here June 15 and 16, do not go awry.

The object of the society is to organize a marketing association which will control the supply in the hands of the producers until the demand is ready for it. Organizers of the society say that not only will the farmer get better prices for his products, but the consumer will also be benefited.

Judge Will Not Resign.

Chicago.—Judge Arthur L. Chetlain will not resign from the superior court bench under fire started on his financial difficulties, according to statements made by his close friends and advisers. They assert that the judge

Owners of Bank Indicted.

Peoria.—The four principal owners in the failed Teis Smith bank, of Peoria, Ill., were indicted under 125 counts each by the Tazewell county grand jury.

Judge Worthington fixed the bond of the defendants at \$35,000 each, which was furnished. The true bills each charge embezzlement and each counts against the charge of an individual depositor who placed money in the bank after evidence offered to the grand jury indicated that the institution was insolvent.

The several defendants are D. C. Smith, the aged head of the firm, E. F. Unland, Conrad Luppen and Henry Block. Habbe Veide and Luppe Luppen, also partners in the bank, were by the grand jury to have had no knowledge of the bank's insolvent condition.

The trial of the indicted bankers cannot take place before the September term of court.

State Officers of Elks.

Decatur.—The state convention of the Elks decided on Bloomington as the place of the next meeting, and elected the following state officers:

President, F. A. Schlick, of Rockford; first vice president, W. M. Sael, of Whitefish Bay, Wis.; second vice president, Mayor Andrew Olson, of Moline; third vice president, E. M. Brown, of Monmouth; secretary, J. V. E. Marsh, of Alton; treasurer, C. L. Snyder, of Freeport; sergeant-at-arms, S. M. Smalley, of Streator; trustees, J. M. Knox, of Canton, C. M. Boswick, of Centralia and W. B. McMahon, of Dixon.

Indicted for Conspiracy.

Peoria.—Marion Raish and L. G. Humphrey, officers of the local carpenter's union, were indicted for conspiracy. It is alleged they signed a letter to the Wahlfield Manufacturing company of Peoria assenting them a fine of \$500 for employing woodworkers on improvements in the plant instead of carpenters. An attempt was made to establish a boycott of the building contractors by similar methods.

Former Chicagoan Dead.

Chicago.—Dispatches from Paris announced the death of James Harrison Bowen, a former Chicagoan. He was the son of Col. James H. Bowen, known as the father of the Chicago park system, and went to Paris with his father when the latter was commissioner from the United States to the exposition there in 1867. Practically all his life after that was spent in Europe.

Italian Laborer Murdered.

Decatur.—V. M. Di Vinces, an Italian railroad laborer, was stabbed through the heart in a boarding car here. The murderer is supposed to be one of four men who were playing cards with him in the car. The police commissioner and the officers working on the case assert that the murder was premeditated and that two men came to Decatur for the purpose of killing the Italian.

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