

Golf is a Great Game for Women.

Unquestionably golf is the only pastime and recreation that appeals to woman-kind beneficially, for the simple reason that the great danger of over exertion is conspicuously absent in this pastime. Other exercises, pastimes and recreations, while appealing to the gentler sex, are certainly not beneficial.

The fascination of the chase is certainly great, but the dangers far outweigh the advantages. The exercise is too violent to be thoroughly healthful, and it is well known that but few women are strong enough to stand a hard run after the hounds. Tennis is another game that appeals to women, but it is not healthful if a woman plays it in what is commonly called "championship form." It is too much waste of energy and also draws too much on the nervous force. Bicycling has become the least beneficial of any of the recreations for women; the reason for this is plain to every one. Horseback riding is a pastime which really does more harm than good. And so it is on through the list; about all of the sport, pastimes and recreations are too harsh in their efforts and of too little benefit to advocate their adoption as the best recreation for women.

Now there is nothing detrimental that can be said of golf. Golf is a "recreation"—it gives new life, it enables one to have all the advantages of the outdoor life, and it has none of the disadvantages of the sports mentioned above. Its advantages plainly enumerated are: It brings one out doors, it gives one gentle exercise. It is thoroughly healthful, it is not dangerous in any way, shape, or manner. This list of a few reasons does not cover the medical side.

The writer has consulted many physicians as to which recreation, exercise or pastime, was the best for women, and without hesitation all were unanimous in the fact that "golf was the best and only recreation that was of sterling value to women." This has been supplemented by the number of articles by leading physicians, who described in detail the advantages of golf and the disadvantages of the other harsher sports wherein there was always danger of overdoing.

As an instance of the value of golf—and golf early—may be quoted Miss Beatrice Hoyt, who first won the championship in her early teens. She held it until the present time, and in this, the latest championship, she made the record round the first day. She is but a single instance, but she is so well known she is quoted in this case. The writer recalls numbers of young girls throughout the country who will be heard from later, who took up golf early and who are doing well at the game. The other extreme of age has also many representatives on the golf links. Women that have passed the middle span of life are frequently seen, and there are many of them good players.

There is no reason to confine golf to the younger women; it is equally beneficial to the elder. One striking instance of this the writer recalls at a winter resort last winter. The woman in this case was "70 years young" and had always been ailing. She was advised by her physician to try the game of golf. She demurred greatly, but her medical adviser insisted. Finally she consented, and from a complaining invalid she soon became a healthful golfing enthusiast.

Henry Haynie, the European correspondent, who is a golf enthusiast, recently related to the writer this story: "A certain friend of mine who was miserably ill was complaining to me of her inability to get any enjoyment out of life. I advised her to take up the game of golf. She had insomnia and the kindred complaints which go with that terrible affliction. Well, she tried golf on my recommendation and began to knock the ball in a desultory fashion through the links. Her improvement in health was really marked from the first day's, what you might call, walk through the links. She afterwards told me that she had the first night's rest, the night of that walk, that she had had for years. Well, this encouraged her and she continued to follow up the game. I am stating only facts when I tell you that this woman regained perfect health from playing the game, and not only this, but she has also become the woman champion of the borough. This is only one instance that I quote, for many have come under my observation both here and abroad."—*American Golf.*

A Lesson on Character.

In the fifth grade of a grammar school not many miles from the State House, the following story was read by the teacher, and the class told to write it from memory: "A farmer planted a field of corn and placed a net over it, as a protection from the birds. Next morning he found a number of cranes and a stork caught in the net. The stork begged the farmer to release him, saying, 'I am a bird of excellent character.' The farmer laughed and said, 'You were caught in the company of these robbers, and with them you must die.'"

Great stress was laid on the word "character," the teacher explaining that a boy, girl or bird found in bad company showed great lack of character. The following is a copy of one of the papers actually produced and handed in by one of the pupils, a boy of eleven:

THE FARMER AND THE STORK.

"A farmer went out in the farm. One day and he saw character and between them was a stork.

"He caught the stork and the character. The stork begged the farmer to set him free. But the farmer said you was in their company, and you must die with them.

"The stork said, I am not like character, I am bird of freedom."—*Boston Transcript.*

Want St. John.

Sir Claude Rivers Wilson, president of the Grand Trunk Railroad, of Canada, says no action has been taken to provide a successor to Charles H. Hays, general manager of the Grand Trunk, who has accepted the presidency of the Southern Pacific Railroad.

It is reported that there is a strong current of popularity running in favor of Vice-President E. St. John, of the Seaboard Air Line. This movement is believed to have originated among the Canadian stockholders.

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