

COLLEGE GIRL ATHLETICS.

NO EFFORT TO IMITATE MEN.

Health Rather Than Strength the Object—Specially Designed Apparatus Used in the Radcliffe Gymnasium—Swimming Found to be the Best All-Round Exercise—Out-Door Sports Popular—Remarkable Health Record of Radcliffe Graduates.

Correspondence of The Observer.

Cambridge, Mass., Dec. 3.—With the coming of winter, when out-door sports are for the time laid by and the gymnasium is the only resort for the student athlete, the college girl takes the real place of prominence in the athletic world, though it would be hard to get her freshman brother to admit it. For though she has no football team, no nine, and in only a few places any crew, she exercises much more regularly than the students of most men's universities and generally attains greater skill in her own particular field, gymnastics.

Less than two decades ago systematic physical exercise for women was practically unknown on this side of the water save in a few private gymnasia. To-day every woman's college has its courses in physical instruction, based on fully as sound a foundation as similar courses in the men's institutions, for their object is to secure a clear mind in a healthy body and to cultivate for all life the habit of exercising rather than to attain any extraordinary muscular development. Yet it was the student interests in athletics, and not the advice of experts in hygiene, which created the demand that led to the building of the splendid gymnasium here at Radcliffe College, for example.

The Radcliffe gymnasium, which was the gift of Mrs. Augustus Hemenway, whose husband gave Harvard the Hemenway gymnasium, has been described as the best-appointed building of its kind yet put up for women. It was opened six years ago this month, and the college authorities declare that the health of the girls under their charge has improved very perceptibly since systematic exercising was thus made possible to them. Though like all the other work of Radcliffe, that in gymnastics is elective, a good 50 per cent. of the students take it regularly—a proportion probably much larger than would be found in any American men's college, where, as in most cases, athletics are not compulsory. And the proportion is even more striking from the fact that a large number of Radcliffe students either live at some little distance from the college yard or are parents of small children, and yet have been spending their undergraduate years here.

There is a good deal of difference between the ordinary gymnasium—even one which women may sometimes attend—and a gymnasium specially equipped for college girls. It is evident at a glance that the prime consideration is the development of muscle and grace, rather than of muscular strength; the absence of chest volleys, rowing machines and other familiar apparatus testifies to this. There is an openness, an airiness about the great hall of the "gym" of the "woman's Harvard"—49 feet high, and encircled with windows through which the sunlight can pour from morning until night—that is not without its vital influence upon those who exercise there. Miles of the ceiling hangs a running track that counts 21 laps to the mile, and thus plays an important part in every one's course of training. But the appointments are very much simpler. On the whole, then, those of the usual type of building of the kind.

This is far from meaning that there is no apparatus. It hangs from the ceiling in the form of ropes and ladders, there are ladders, horizontal bars, zonal and inclined, and other apparatus with the rungs close together, others with the rungs so far apart that it is possible to swing one's self over and through them in a series of strength-developing evolutions. Other ladders stand permanently against the wall and are used as the starting point for exercises to develop different parts of the body from either a standing or a sitting position. And, finally, there are four tall frames supporting horizontal bars for various arm and torso exercises, the frames swinging out into the floor space only when they are needed for a class undergoing instruction. This equipment supplies all the apparatus needed for a system of physical culture modeled on the idea of building up every part of the physique equally, and thus securing a uniformly healthy body to co-operate with a healthily developed mind.

The Radcliffe system has developed necessarily on lines somewhat different from that of other girls' colleges. In accordance with the elective plan adopted throughout the work of the institution, and applied just as it is at Harvard, the college has been freely opened to all students who wish to use it, but with the wise provision that its use shall be under the direction of a trained instructor. The classes are carefully graded and the development of each student is directed forward directly and intelligently. The work begins with the simplest exercises and a student can enter the classes in fencing or dancing not of the ball room variety, but of the gymnasium kind, a sort of fence that is by no means graceful exercise set to music—or the afternoon games of basketball or tennis, only after having attained the physical development brought about by the fundamental training. In other words, the class work stands as a stepping stone that must be crossed if the student is to enjoy to the full the other privileges of the gymnasium. Corrective gymnastics, that is, exercises designed particularly with a view of remedying faults of posture or breathing, that might otherwise become a permanent source of weakness to individual health, also form an important part of the curriculum.

Outside the walls of the gymnasium the girls are especially well versed in the game of English hockey—a game played at this college, through a peculiar combination of circumstances, more than at any other place in America. English hockey, which is by no means described as ice hockey on a field was introduced here by an Englishwoman visiting Cambridge, who became deeply interested in the American game of basketball, and offered to exchange her own expert knowledge of the English game for lessons in the American one. English hockey was thus taken up by the Radcliffe Athletic Association, and has become a favorite out-door sport. In fact, however, no young woman can enter unless previous gymnastic training has fitted her to meet the necessary demand upon her strength, endurance and breathing apparatus.

In the actual, every-day life of the college, however, these out-door games have much less importance than the daily classes in physical culture or the swimming courses in swimming—a sport that has been found, perhaps, the very best of all-around exercise for women. Last spring, for example, at least 50 young women were taught to swim in the big pool in the gymnasium, and many others took daily exercise there before and after lessons. For advanced students there are gymnastics of a more spectacular character, but these are a whole in itself devoted to developing health and grace, with feats of individual prowess as an altogether secondary matter.

NEXT YEAR'S EXPOSITION.

WORK ADVANCED AT PORTLAND.

Some of the Buildings for the Lewis and Clark Centennial Completed Before the St. Louis Show Has Closed—First Big Exposition West of the Rockies—Oriental Exhibits Will be a Prime Feature—Railroad Rates Made Attractive to Easterners.

Correspondence of The Observer.

Portland, Ore., Nov. 30.—The construction work on the grounds and buildings of the Lewis and Clark Centennial Exposition, which will be held in Portland, Oregon, next summer, opening in June and closing October 15, is progressing rapidly. Many of the large exhibit palaces are finished, and the others are nearing completion.

The exposition, which is to commemorate the 100th anniversary of the exploration of the Oregon country by Lewis and Clark, will be representative of the great Pacific Northwest. It will exemplify the amazing growth of this comparatively new country, and will serve several millions of people who have never before had the chance to visit a national exposition.

This Western World's Fair will be a great incentive for the people of the East and Middle West to make a trip to the Pacific coast on the railroads. The superlative scenic routes over which one travels in crossing the continent to the Northwest, and the beautiful country surrounding Portland, will compensate one amply for the fatigue of the most comprehensive exposition ever held.

The centennial grounds are the most beautiful ever conceived for such a purpose. The site comprises 160 acres of level, fertile land, and is situated on the banks of the Willamette river. The view from the grounds is almost without parallel for beauty and grandeur. In the distance one can see the snow-capped mountains of the Coast Range, the blue-gray Puget Sound, and the white-capped Mt. Hood.

On entering the grounds, the first thing one notices is the magnificent architecture of the buildings. The main buildings are constructed of the finest materials, and are designed in a style that is both modern and classic. The grounds are almost without parallel for beauty and grandeur. In the distance one can see the snow-capped mountains of the Coast Range, the blue-gray Puget Sound, and the white-capped Mt. Hood.

HENDERSON MAN A SUICIDE.

Mr. Biscoe Bass, a Prominent Druggist, Uses a Pistol to End His Life—No Cause Known for the Rash Deed.

Special to The Observer.

New York, Dec. 5.—Mr. Biscoe Bass, a prominent druggist, committed suicide this morning with a pistol. The deed was a great surprise and shock to the town. He was proprietor of the Eagle Pharmacy and one of the best known figures in the city. He was universally esteemed and highly popular, and no reason whatever could be assigned for the deed. Mr. Bass was married about a year and a half ago, his wife being Miss Ida Rowland. Her home life was peculiarly happy. He is a son of Mr. H. M. Bass, a prominent and esteemed citizen of Rocky Mount, and a brother of Dr. H. H. Bass, of Henderson.

MARRIED ON THE ROAD.

Secret Affairs of a Newton Couple—County Officers Sworn in—Much Building at Newton.

Special to The Observer.

Newton, Dec. 5.—All of the county officers who were elected in November appeared at the court house today to take their oath of office and administer their oaths. Mr. J. W. Killian retained his office of sheriff, and Mr. J. H. McLeod that of register of deeds. Mr. W. A. Day became treasurer for the next two years, of the board of county commissioners. Messrs. J. E. Farney, Silas Stacey, M. Shuford and J. D. Fisher, kept their old positions, while Mr. T. M. Smith took the place held by Mr. J. D. Johnson. The heavy rain which fell during the entire day kept away the farmers, who generally take this season to do their shopping.

Christmas goods have taken their place in all of the stores. The show windows are full of them—from the toy doll to the most expensive present. The line offered by the merchants this year is complete in every respect. A secret marriage took place near Newton yesterday afternoon. A Newton couple made arrangements with a minister by which all parties were to meet at a point on the road between Newton and Henderson, for the purpose of conducting the ceremony. At the appointed time, the parties met and the happy couple were united in matrimony. The names of the parties are withheld by request.

Does This Suit You?

R. H. Jordan & Co., the enterprising druggists of this city, are having such a large run on "HINDIPO," the new Kidney Cure and Nerve Tonic, and bear it so highly praised, that they now offer to guarantee it in every case to cure all forms of Kidney Troubles and Nervous Disorders. They pay for it if it does not give you exactly satisfactory results.

If you use it, it is their risk not yours. A 50 cent box sent by mail under positive guarantee.

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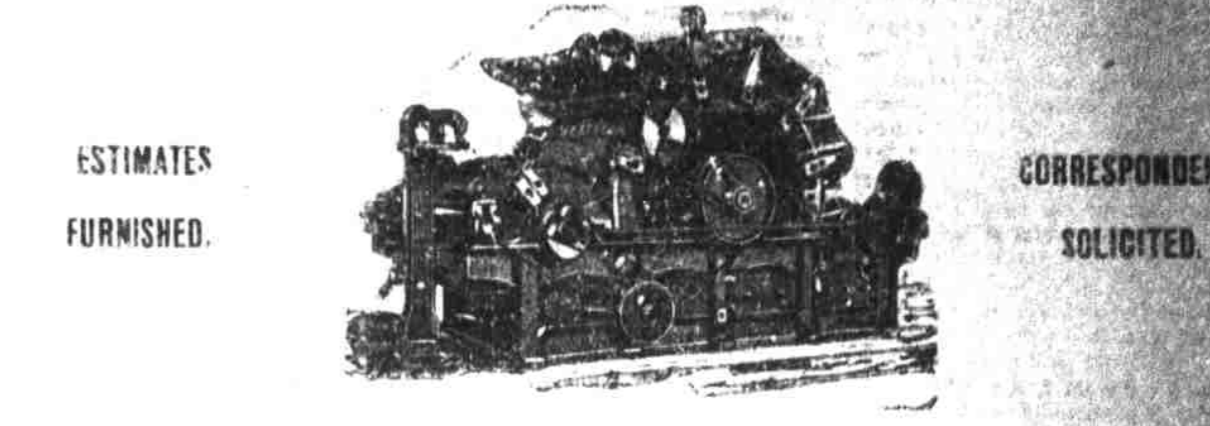
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