State of the state

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

Correspondence of The Observer. no nine, and in only a few places any the first class graduated. crew, she exercises much more regu larly than the students of most men's universities and generally attains great-

Less than two decades ago systematic physical exercise for women was practically unknown on this side of the water save in a few private gymnaslums. 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 hywhich created the demand that led to the building of the splendld gym-masium here at Radeliffe College, for example.

The Radeliffe gymnasium, which was the gift of Mrs. Augustus Hemenway, whose husband gave Harvard the Hem enway 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 systematic exercising was thus made possible to them. Though like all the other work of Radeliffe, 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 man's college, where, as in most cases, athletes are not compulsory. And the proportion is even more striking from the fact that a large number of Radeaffe students either live at some little distance from the college yard or are pursuing special lines of study here, after having spent their undergraduate years elsewhere, .

There is a good deal of difference between the ordinary gymnasium-even one which women troy sometimes attend-and a gymnasium specially equipped for college sirls. It is exi dent at a glance that the prime considcration is the development of health and grace, rather than of musualing strength; the absence of chest welghts rowing machines and other further There is an apparatus testifies to this. 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 smilight can pour from morning until nightthat is not without its mental indusces upon those who exercise there. Midway to the ceiling hangs w running . ack that counts 21 laps to the mile, and this plays an important part in every one's building of the kind.

zontal and inclined at attale, some with the rungs close together, class, H. Bass, of Henderson.

The fatal deed was co sitting position. And, finally, there are four tall frames supporting hor goal of bars for various arm and upper-cody exercises, the frames swinging out into the floor space only when they are needed for a class undergoing lester, tion. This equipment supplies all the apparatus needed for a system of physbuilding up every part of the physical equally, and thus securing a uniformly healthful 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 the accordance with the elective plan adopted throughout the work of the institution, and applied just as it is at Harvard, the gymnasium has been free. The adopted throughout the work of the limit retained his office of sheriff as the respective of the court house to day to take their oath of office and enter mon their duties. Mr. J. W. Klistian praised his office of sheriff as ly 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 thus carried forward directly and ittelligently. The work begins with the simpler exercises and it. begins with the simpler exercises and a son. The heavy rain which fell during student can cater the classes in fencing the entire day kept away the farmers or dancing not of the ball room variety, but of the gymnasium kied, a sort of dence that is literally graceful exercise set to, musk—or the afternoon games of basket-ball or tennis, only after having attained the physical development brought above the following the entire day kept away the farmers coming \$160 in cash and \$80 in stanned who generally take this case on to do Note registered before also taken. The office had just previously deposite their shopping.

Christmas goods have taken their places in all of the stores. The show spontar [200] in the bank Postoffice below their stores are full of them—from the toy doll to the most expensive present. velopment brought about by the funda-mental training. In other words, the this year is complete in every respect. class work stands as a stepping stone that must be crossed if the student is Newton yesterday afternoon. A Newties, that is, exercises designed particularly with the view of remedying faults of posture or breathing, that right otherwise become a permanent source of weakness to individual health, also form an important part of the appointed time, the parties in the angle of the parties are withheld by request.

The building, remodeling, and beautifules, the parties are withheld by request.

Outside the walls of the gymnasium the girls are especially devoted to tennic and 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 can best be roughly described as ice hockey on a field) was introduced here by an Englishwoman visiting Cambridge, who became deeply visiting Cambridge, who became deeply interested in the American game of basket-ball, and offered to exchange her own expert knowledge of the English game for lessons in the American one.

The third lecture of the Alkahest by mail, \$1.05.

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Lyceum Bureau series will be given by mail by game for lessons in the American one. In the College chapel Wednesday night.

English hockey was thus taken up by the Radeliffe Athletic Association, and the subject, "Song and Story."

By mail, \$1.33.

Child's Tan Elucher Lace—Extension edge; size 8 to 11; price.....81.25 has become a favorite out-door sport, in which, however no young woman can

students there are gymnastics of a formation inquire of

COLLEGE GIRL ATHLETICS. more spectrouber character, but the NEXT YEAR'S EXPOSITION. NO EFFORT TO IMITATE MEN. oping health and grace, with feats of individual prowess as an altogether sec-

ondary matter. It has been found, indeed, that women, owing to centuries of inherited sedentary habits, need much more than men the regular exercise of a gymnasium, and the Radeliffe gymnasium is, therefore, in no sense an imitation of the athletic life of a masculine university, but a distinctly womanlike usect-Cambridge, Mass., Dec. 3.—With the ing of the problem of securing health coming of whiter, when out-door sports by regular exercise. The record of For though she has no football team, five years ago, was that of a member of others are nearing completion.

#### FARMER HANGS HIMSELF.

er skill in her own particular field, Oliver McCarty, of York County, S. C., Takes His Life Owing to Son's Waywardness.

Special to The Observer.

and waywardness of a beloved son the body of Mr. Oliver McCarty, a well-known farmer of York county. S neighborhood, eight miles west of Clover, and south of Gastonia. Since his son, having become involved in some trouble, left home a year ago, the provide which

ing Mr. McCarty left his home, saying till these.

The conclusion reached at once was fittle men of an exposition more beauthat when he left his house he went tifut. direct to the barn and committed the The deceased was a farmer of good counstances and a substantial citizenof the Bethany community. He was about 55 years of age and leaves a wife and three children to mourn his tragadeath. He carried life insurance in the Woodmen of the World and in one other company. The funeral and bu-

HENDERSON MAN'A SUICIDE.

the Presbyterian church.

rial will take place to-morow morning

at 10 o'clock at Bethany A. R. P. church. The deceased was a member of

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

Special to The Observer. Henderson, Dec. 5.—Mr. Biscoe Base come of them will erect handsome parkilled himself this morning with a piscoid, by a shot through the head foreign portripation will be extentel, by a shot through the head. Gorego porticipation will be exten-The deed was a great surprise and give the exhibits being largely drawn shock to the town. He was propriety from the Louisiana Carolesse Exposof the Eagle Pharmacy and one of the tion, as the countries could not be ex- ELECTRIC CLOCKS, TELEPHONES ( course of training; but the appoint best known young men in town. He posted to make a new effort for an ments are very much simpler, or the was universally esteemed and highly expectation callings to close upon the St. whole, then those of the usual type of lopular, and no reason whatever can take show. This is far from meaning that there is no apparatus. It mays from the celling in the form of ropes and known there are ladders perpendicular, have there are ladders perpendicular, have

Rocky Mount, and a brother of Dr. H. possible to swing one's self over and through them in a series of succeptibility of the lattice of strength standing behind his counter near the viscolations. Other ladders developing evolutions. Other ladders standing behind his counter near the very not standing permanently against the walls and are used as the starting point it. I his head and trend dying by a few points. exercises to develop different parts of the body from either a stanting on a stiting position. And foully the ments. His brother, Dr. Bass and Mr. Persenner Troffic Association, held re-Wm. McNair, of the Eagle Pharmacy, conty to Chargo, the rates to prevail Wm. McNair, of the Eagle Pharmacy, were in the rear of the building when the shot was fired, but had not slightest intimation before hand of Mr Bass' purpose, as he had just a moment before been chatting with them and seemed in good spirits.

### MARRIED ON THE ROAD.

Secret Affair of a Newton Couple County Officers Sworn in-Much Bullding at Newton.

special to The Observer Newton, Dec. 5.-All of the county did Mr. J. H. McLelland that of register of deeds. Mr. W. A. Day became

to caloy to the full the other privileges of the gymnasium. Corrective gymnasium corrective gymnasium corrective gymnasium that is, exercises designed particularly with the view of remedying twenty and Conover for the and hear it so highly praised, that met and the happy couple were united ney Troubles and Nervous Disorders in matrimony. The names of the par-

The building, remodeling, and beauti-

which, however no young woman can enter unless previous gymnastic training has fitted her to meet the necessary demand upon her strength, endurance and breathing apperatus.

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 spring courses in swinning—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 nool in the gymnasium, and many others took daily exercise there before and after lessons. For advanced students there are gymnastics of at that has been found, perhaps, the very best of all-around exercise for women. WINTER IN COLORADO.

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 Prominent Feature — Railroad Rates Made Attractive to Easterners. Correspondence of The Observer.

Portland, Ore., Nov. 30, Lie construction work on the grounds and buildings are for the time laid by and the gym-health of Radcliffe's graduates tells of the Lewis and Clark Centennial mastum is the only resort for the stu-most strikingly the story of the modern Exposition, which will be held in Portdent athiete, the college girl takes the real place of prominence in the athiete world, though it would be hard to get her freshman brother to admit it.

For though she has no football term

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 necessary to childbirth, will exemplify the amazing growth of this comparatively new country, and sleep and recuperation, will serve several millions of people. Gastonia, Dec. 4.—The last act of a to visit a national exposition. The contragedy, back of which stands the folly tential will be the first international exposition under the patronner of the came to light early this morning when Pulled States government held west of

the Rocky Mountains. C. was found dangling to a rope in great incentive for the people of the do bring healthy, sweet dispositioned, the barn near his home in the Bethany East and Middle West to make a trip and ideal babies into the world. to the Paritie coast, as the raffronds. have made exceptionally low rates to eruciating pains caused by the gradually son, flaving become involved in some trouble, left home a year ago, the Portland. The superb scente routes expanding organs, are relieved by this father had constantly broaded over the over which one travels in crossing the penetrating and relacing limitent disgrace which the boy had brought onlinear to the Northwest and the Among the manifold aids to childbirth disgrace which the boy had brought upon himself and upon the family, till his mind had become seriously affected. Recently members of the

to some members of the family that of band and 220 acres of water. A nat- is wrought upon the child, and instead of he was going to the house of another first lake with a peninsula extention son nearby and would return he and the attended a key oote to the short time. At the expiration of an hardsome scheme. The main buildings hour or two his continued absence except the structed on the sloping terrace cited uneasinesses on the part of his expirated on the sloping terrace with the part of his expirated on the sloping terrace. Write for our face look "Notherhood" cited uneasinesse on the part of his cyclicking Guild's lake and the Wil- Write for our fare Book "Fotherhood" family and a messenger was dispatch- brootle river. The view from the THE BRADFIELD REGULATOR CO., Allanta, Ga. ed to the house of his son. Inquiry grounds is almost without norallel for there revealed the fact that he had been ty and grandeur. In the distance not been to his son's house and a contract the soon nine show-caused more general search was intstituted at once. This context including Att Good and Mt On entering the burn the searching so the Most of the exhabition was sarty found the unfortunate man elastical pack to begin with, and after hanging by a tope suspended from an the transcame artist finteet his work overhead cross-beam. He was dead nothing could be done to make this

> Compariness has been the scheme in laying out the buildings, and the exposition can be seen and comprehended within the time and means that the average visitor besent his disposal. Elight large exhibit palaces form the "main picture." Around these will clus-ter the state and adnor bull-lings. The United States government, which appropriated \$475,006 for its participation, will erect its buildings on the prprofinsula is reached from one portion of the mainland by an ornate bridge, year and of this bridge will be situated "Trail," the amusement street of

> Many of the States have Appropriatclemmes of money ranging from \$10,000 to \$25,000, for their participation, and

As a result, only the assigned for the deed. Mr. Base and of what the fareign countries Completely Remodeled and Re-Decoagnition of the new era of oriental lations, the exhibits from Asi-Louis will be significant,

morall tinn of exhibits will begin onther as Portland winters are year mild, and every indication points completed exposition on the open-

The rate of \$45 from Miscounts to Portland and return is est special rate ever ground in Thus unto includes such either a email a st. Part, Minneapolis and Kincity, and the trip can be made via associated direct lines, who he include by through Denver and Ogden, as the Union Bacific, Denver & the camb and its connections, thence in Hydrington, the Puion Pacathe, dispersional constant the Northern Paying t Northern, through Spokane, Fall-tionte, and the Canadian Pacific tanks \$2.50. Tickets from points

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sion sole, half heel; size 11 1-2 to price ....... By mail, \$1.62. Young Ladies' Tan Blucher Lace-Extension sole, half heel; size 2 1-:

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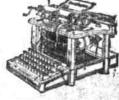
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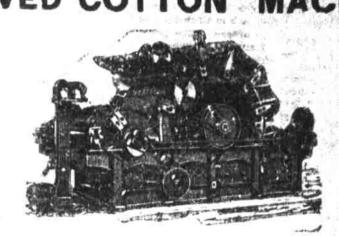
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