

MUSCULAR DEVELOPMENT.

Vigorous Athletic Sports That Do Much For the Health of the Body.

Nothing purely physical is more admired in a human being than a well developed body, and next to that nothing is more universally admitted than a well developed single muscle or set of muscles.

One of the strangest freaks of muscular development is perhaps that in the case of a tumbler. A good tumbler's stomach muscles become developed to such a degree as to make him appear almost deformed when he forces them out to their full capacity.

When at rest, the muscles are about on a perpendicular line from the breast to the floor. When at a tension, the muscles are fully 3 1/2 inches thick. This comes from frequent bending backward and forward and from side to side.

Sprinting, of course, develops the muscles of the legs more than those of any other part of the body. In a good runner these are developed to a remarkable degree.

An expert bicyclist's legs have much the same muscular development as those of a runner, with the notable exception that the usually small muscles on the inside, just above the knee, are wonderfully enlarged. It is now popularly known as the bicycle muscle.

The muscles used in skating are practically the same, the calf and the thigh tending perhaps to be a little more developed. The muscles stand out in huge knobs all over the leg, and the calf is as firm as steel.

For bringing into play all the side muscles, all the muscles of the waist and arms, there is perhaps no better exercise than throwing the hammer and putting the shot.

The most puzzling muscles on record are those concealed within the little arm of Frank Ives, and which have made him the champion billiard player of the world. With these mysterious muscles Ives can drive a billiard ball harder than Sandow or any other strong man or billiard expert.

He does not know what makes his hidden muscles so strong—they are unusually strong only when it comes to hitting billiard balls, however. Neither do the physicians who have examined him. So he has made a will bequeathing his puzzling arm to his physician, with the hope that a post mortem examination may reveal the secret.—Exchange.

BASEBALL BREVITIES.

Anson finds the pace hotter than last season.

Andy Highlands, the old Harvard pitcher, has joined the Cape May team.

Lajoie, the Fall River center fielder, leads the New England league in batting.

Chapwright, the gigantic fat man who plays first for Washington, can run like a streak.

The widow of Mike Kelly is to be given a monster benefit in New York the coming fall.

Knoll, Detroit's star outfielder, has strained a muscle and is out of the game for some time.

Billie Lange wears golf socks and rides a wheel. Uncle Anson has also succumbed to the wheel craze.

Captain Irwin says he fears Doherty will never be able to pitch again, his arm having given out completely.

Secretary Von der Horst of the Baltimore club thinks that Cincinnati, Baltimore and Cleveland will finish 1, 2, 3.

There is some talk of getting the old Athletic team together at the end of the season to play a series of games with the Phillies.

The National league magnates are taking steps toward having the championship season open on May 1 instead of the middle of April.

President Young says that when he was in Pittsburgh in attendance upon the recent League meeting he was pointed out as a Methodist preacher.

The new umpire, McFarlan, is said to be a very good one. McFarlan, by the way, is the youngest umpire ever appointed on the National league staff, being 24 years old.

Patchen the Star.

"All signs fall in dry times" is an ancient law. But unless signs fall Joe Patchen promises to be the bright particular star of the racing firmament the present season. Unless Robert J. shall show higher form than he has thus far shown he stands a fair chance of being dethroned. Evidence is at hand that Robert J.'s star is beginning to set as did that of Hal Pointer. There is a limit, and it would appear as if the little bay wonder had reached it. Patchen has justly been termed the "iron horse." For so large an animal he stands grief amazingly. Those who saw him go his exhibition mile at Joliet last week in 1:04 1/2 say that he went 41 easier than did Robert J. his best in 1:05 at Elkhart. As for Gentry, he has been retired for repairs since his recent fiasco at Washington park. He is said to be decidedly off edge. Perhaps his fast mile the previous week at Red Oak "cooked" him, and perhaps, again, as has been asserted, he is a horse without "heart."—Philadelphia Press.

Barty Life of Sharkey.

Tom Sharkey is an Irishman. He was born in Dundalk, County Louth, 23 years ago next November and is one of 15 children, all of whom, together with his father and mother, are alive. Sharkey when but 19 years old ran away from home to become a sailor and has been around the world several times since. It is said that, having feasted on yellow back literature, Sharkey started out in the East Indies to sail Indiana. What his experience was he cannot be induced to tell, but simply laughs, looks foolish and refuses to relate. Barty Sharkey, as he is called in San Francisco, made his first appearance on the coast two years ago and at once jumped into pugilistic prominence by beating the best man in about Prince.—New York Journal.

For Sale.

Pursuant to a judgment of the Superior court of Crown county, in a special proceeding to make assets, I will sell at public auction, at the court house door in the city of New Bern, at 12 o'clock P. M., Monday, October 26th, 1896, the realty of said estate of W. G. Brinson, deceased, in the house and lot situated on the southeast corner of South Front street, between Middle and Hancock streets, as described by C. E. Hill, Trustee of said estate.

W. G. BRINSON, dec'd.

As a remedy for all forms of Headache Electric Bitters has proved to be the very best. It effects a permanent cure and the most dreaded habitual sick headache yields to its influence. We urge all who are afflicted to procure a bottle, and give this remedy a fair trial. In cases of habitual constipation Electric Bitters cures by giving the needed tone to the bowels, and in cases long resisted the use of this medicine. Try it once. Fifty cents and \$1.00 at F. S. Duffy's Drug Store.

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OILING THE SEA.

The Wonderful Effect on Enormous Waves. A Curious Sight.

One of the most curious sights at sea is that of an oil bound ship.

Every up to date ship carries oil tanks, the quantity varying with the size of the vessel. For instance, a steamer of 150 tons burden carries on an average 60 gallons of oil. This oil is the refuse discarded by the oil refining factories and often consists of a mixture of white oil, petroleum and vegetable oil. It costs about twopence a gallon, and a large sized vessel can be well supplied for 20 shillings.

The oil is stowed in spacious zinc tanks, arranged in the hold of the ship to act as ballast. Each tank contains 50 gallons of oil, and an ingenious mechanical tap arrangement connects the tank with the outside of the vessel.

If a dangerous gale arises and the ship becomes unmanageable and likely to founder, the steamer is opened, and 20 gallons or more of the oil is allowed to escape into the sea.

The effect is instantaneous. However stormy the sea may be, the vessel lies in a gently heaving millpond. There is no further danger of foundering, and the oil moves along with the vessel for some time, often half an hour, after which it breaks up and disperses. The ship must slacken speed a little, and more oil is let out from the tanks. Enormous waves may bear down on the ship, but on approaching the magic oiled circle they seem to melt away and pass harmlessly beneath the vessel.

Sailing vessels are not so often furnished with oil tanks as steamers. It is estimated, however, that over 200 vessels have been saved from shipwreck by means of the oil tanks since they were introduced a few years ago. It is only in cases of absolute peril that the tanks are resorted to.—London Answers.

A CITY PASTEL.

Pictured in the Dens Where Editors and Wealthy Proofreaders Tolt.

Once upon a time a wealthy proofreader who possessed an entire box of matches was accosted by an indigent editor who wanted fire for his pipe and possessed nothing but a copy of the "Light of Asia." The proofreader thus importuned declared he could give his comrade no assistance, as his matches were hard come by and he had nothing but a good, fat salary between himself and a heartless world. The editor declared he was in the same fix, and the proofreader relented and gave him one mealy fugitive match with a head on it that was so small it was only a pimple.

"This match," said the editor as he struck it, "which you have so generously donated to the relief of suffering humanity has effected a marvelous revolution in society for so small a thing. I recollect my grandfather telling me of the trouble they used to have in obtaining lights in the old days—how he would sit up in bed while grandma would paddle around in her pretty bare feet hunting the flint on cold winter mornings, and how when she had found it while she was knocking a spark out of the old flint and steel he was sure of another half hour's nap. Wow! That infernal thing burned my fingers. Gimme another match!"

"Not to any extent," replied the open-tender proofreader. "If you had spent the time you wasted on that chestnut in lighting your pipe, you would have had a flint and steel or procured a light from one of Mr. Edison's candles."—Chicago Dispatch.

For Black Eyes.

It is often the case that people meet with accidents and bruises that cause disfiguring discolorations, from which they suffer not a little embarrassment and annoyance. It is worth while to know that there is a simple remedy, and one quite within the reach of every one. Immediately after the accident mix an equal quantity of capsicum annuum with mulligee made of gum arabic. To this add a few drops of glycerin. The bruised surface should be carefully cleansed and dried, then painted all over with the capsicum preparation. Use a camel's hair brush and allow it to dry, then put on the second or third coat as soon as the first is entirely absorbed. A medical journal is authority for the statement that if this course is pursued immediately after the injury discoloration of the bruised tissue will be wholly prevented. It is also said that this remedy is unequalled as a cure for rheumatism or stiffness of the neck.—New York Ledger.

A Village Rising Bell.

For more than 20 years Bowmansville, Pa., has had what is known as a village bell. It is swung between two high upright poles and was paid for by public subscription. Every day the bell is rung three times—at 5:30 o'clock a. m., 11 o'clock a. m. and 4 o'clock in the afternoon. The leading object of its ringing is to announce to farmers and other working people the time of day. The first bell in the morning at Bowmansville is the signal for the people to arise, and in summer most of the residents are out that early. The 11 o'clock bell announces that it is time to leave the fields and prepare for dinner. At 4 o'clock in the afternoon they prepare for supper.—Cor. Philadelphia Record.

A Most Unreasonable Man.

The women in a North Atchison family think the head of the family is a regular old crank. He becomes furious when a crowd of women congregate on his porch and keep up a racket until late, and when young men call on his daughters and make no noise at all he does not like it either.—Atchison Globe.

The Epidemic of a Brunette is Said to be One-Tenth of a Millimeter Thicker than that of a Blond.

In Russia a patent may be taken out at the pleasure of the patentee for three, five or ten years.

Cure for Headache.

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AN EXPERT ON SWIMMING.

Some Scientific Instructions in the Art of Natation.

For the person who wishes to become a graceful swimmer according to the latest approved methods there are four arm and four leg motions, which are entirely distinct and are first tried separately and then practiced in combination during each lesson.

Divide your time as follows: Ten minutes for practicing the arm motions, ten for the legs and ten in combination. Do not remain in the water after the half hour is exhausted until able to swim briskly.

To the first arm position the body lies in the water perfectly straight, the legs and feet together, on a parallel line with the arms, which are extended out directly from the shoulders, palms of hands together and head slightly elevated.

Between the first and second motions, or arm strokes, the arms describe a circle until extended straight from the sides; the hands rest flat on the water; legs in the original position throughout the series of arm movements.

For the second arm stroke the arms are thrust down into the water until the hands meet under the body, palms together.

In the third motion the arms are brought to the surface, elbows close to the sides and hands together, pointing straight ahead from under the chin.

The fourth motion is the thrusting of the hands, still together, forward in the water, which straightens the elbows and brings the swimmer back to position No. 1.

Arm position No. 1 is held throughout the first practicing of the leg strokes, and the starting position of the leg movements is the one given in the first lesson, legs extended in a straight line with the body, feet close together.

The second leg motion consists in pulling the knees up close to the abdomen, still keeping the knees and feet close together.

In the third stroke the legs describe a half circle out sideways, thrusting back the water and throwing the body forward.

The fourth stroke finishes the circle by bringing the legs together in a line with the spine and then back to the original position.

In the fourth and final action the arms remain motionless, still cutting the water, and the legs are brought together, which renders the entire body in perfect readiness to repeat the motions ad infinitum.—New York Journal.

ALL SORTS OF SPORTS.

Maine horse breeders are talking of erecting a monument to the memory of General Knox.

E. J. Byrne, the noted coxswain of the Atlanta Boat club, has resigned as secretary of the Middle States Regatta association.

The international regatta at Halifax, July 28 to 31, will revive professional rowing. The interest is centered in the four crew shell race.

Joe Choyinski, the clever California pugilist, has abandoned the services of Parson Davies as manager and in the future will make his own matches.

Denver Ed Smith is seriously thinking of taking a trip to England. Smith is very anxious to meet Bob Fitzsimmons or Corbett with bare knuckles.

The offer of a \$5,000 purse to Jack McAuliffe for a ten round bout with Boston Jimmy Carroll is convincing proof of McAuliffe as a drawing card.

Dick Burg has positively retired from the ring. He so announced some days ago. Probably England never boasted of a fighter who was better thought of than Burg.

It appears that there must have been something amiss in the camp of Billy Madden and George Dixon, for now Dixon denies that Billy is his manager and that he has any right to make any matches for him.

The Potomac River Rowing association, which is composed of the Annapolis and Potomac Boat clubs and Columbia Athletic club, will hold its annual regatta on the Potomac river at Washington Saturday, Aug. 1.

Vanderbilt's Superstition.

The well known millionaire William K. Vanderbilt is a regular attendant at horse races, and though he never wagers more than \$100 on a single race he puts himself to some inconvenience when he lays a bet. His idea of a hoodoo is to talk to any one after the horses have faced the starter at the post. He usually gets a secluded spot in front of the members' stand and watches the race in silence. If the horses and jockeys are not fractious and the start is made in a very short time, it is an easy thing for Mr. Vanderbilt to ward off the hoodoo. But in a race that takes 90 or 100 minutes to start it is quite a difficult matter for him to ward off his enemy. Some one is sure to stroll his way and engage him in conversation. It is contrary to human nature to be on speaking terms with a Vanderbilt and he does not like to know any one living when he goes to the races. For this reason Mr. Vanderbilt is certain to be overtaken by many gossipers. Of course he is never impolite enough to avoid an acquaintance. He takes his medicine in good humor and tries again on the next race.—Exchange.

Intercollegiate Golf.

There is a good chance of an intercollegiate golf championship next year. Harvard men are playing on the Cambridge club and Country club (Brookline) links, Yale men on those of the New Haven club, Pennsylvania on the Philadelphia Country club's, Rutgers on the New Brunswick club's, while Princeton, Amherst, Union and the University of North Carolina have courses of their own. It is reported that a meeting having in view the formation of an intercollegiate association will soon be held.—New York Sun.

EXPECTANT MOTHERS, "MOTHERS' FRIEND"

Robe Confinement of the Pain, Horror and Risk.

My wife used "MOTHERS' FRIEND" before birth of her first child, she did not suffer from the pain, horror and risk which she had no pains afterward and her recovery was rapid.

E. E. JOHNSON, Eutaw, Ala.

Sent by Mail or Express, on receipt of price, \$1.00 per bottle. BOTTLE "MOTHERS' FRIEND" REGULATOR CO., Atlanta, Ga. SOLD BY ALL DRUGGISTS.

CASTORIA

For Infants and Children.

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Multiplying Chair.

"From a spectacular point of view," remarked a courteous racing official today, "the multiplying outfit is a success without doubt. But the great trouble with the team provided by the promoter of the meet is that they will not race fairly. It is perfectly natural for the pacer men to pace their friends like demons, get the men they are interested in 'hooked on' to the pacing machine, be it a tandem, quad or quint, and then carry the friends away from the fields for record breaking performances. Quite the reverse is the riding of the pacers if some rider they are not interested in gets the pole and 'hooks on' to the pacing machine. Then apathetic riding is displayed. It does not give each entrant a fair show at pacing, and to some it gives a decided advantage over others. I am in favor of the single pacers. Then each rider would have a fair chance at pace help."—Chicago Evening Post.

Don't Have Tight Tires. It is a tendency of inexperienced riders to inflate their tires as hard as possible. This is a mistake, for the advantages of the pneumatic feature are almost entirely lost, and one might as well return to the old fashioned solid tire. By no means, however, is it necessary to go to the other extreme and ride with tires so soft that they chafe against the rim. Experience has shown that to inflate the tire hard enough so that one may easily make a slight impression with the thumb is best, as the full elasticity of the air can then be obtained.—Exchange.

Coasting Without Brakes. How any rider can coast without a brake passes understanding. "Know nothing, fear nothing," aptly applies to every instance of the kind. Recently a young woman was nearly killed at Tarrytown, N. Y., while coasting with a brakeless bicycle, and a boy was killed outright in a country town of Massachusetts through similar rashness. Such accidents are happening by the dozen this season. Why will people persist in needlessly jeopardizing their lives?—American Cyclist.

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