#### Running as an Exercise.

Among the means which nature has bestowed on animals in general for the preservation and enjoyment of life, running, says Mercurialis, is the most important. Since, then, it is pointed out to us by nature, it must be in a high degree innocent. It is very singular that we should apparent. ly do all we can-which, fortunately, is not much-to make our children unlearn the art of running. Our earliest physical treatment of them seems calculated to destroy their aptitude for it; in a little time, it is too often the case that the city boy scarcely dares look as if he wished to run, we prohibit it so strongly as vulgar, and when he is more grown up gentility steps in and prohibits it altogether. Medical prejudices and our own convenience contribute likewise their share, and neverallow our children boys and girls, to acquire an art innocent of itself and necessary to all. It is possib e that a person may get injury from running, but the fault is not in the exercise, but in the person who runs without having had proper training and practice.

Negroes and Indians in a state of nature run daily in pursuit of game for food with a facility at which we are astonished, but they are not more liable to consumption on this account than those beasts that are so famed for swiftness. The body of no animal seems better adapted to running than man's. The nobler parts, which might be injured by an immoderate reflux of blood, are uppermost, and the laws of gravitation assist in propelling the runner forward. He has little to do but to strengthen his limbs by practice and concentrate his mind on the effort, and there is nothing severe in this, as experience has shown. Indeed, running may be made very beneficial to the lungs, and perhaps there is nothing better calculated to strengthen these organs, in those who are shortwinded, than gradual, careful training in this almost lost art. "As soon as children are expert in walking, turning, and the like," says the sagacious Frank, "running races under proper precautions is an excellent exercise for them." The principal objects of this exercise are to strengthen the limbs, develop the lungs, exercise the will, and promote the circulation of the blood.

Running was so highly esteemed by the old Greeks, that Homer observed that no man could acquire greater fame than by being strong in his hands, feet, and limbs; Plato recommends running, not only to boys and girls, but to men; Seneca, who expresses strong disapprobation of athletics, recommends running to Lucilius for exercise. The following rules may be observed: Running should only be practised in cool

weather; as, for instance, in the late fall, \$671,179 over the preceding year. winter, and early spring months.

The clothing should be light, the head pare, and the neck uncovered. As soon as the exercise is finished, warm clothing should be put on and gentle exercises continued for some time. It is not necessary to have a race course. The teacher of a school may take his pupils into the fields and find suitable ground for them. Then his pupils may exercise their bodies in other ways, acquire strength, agility, health, and the capacity of continued exertion; the will is brought into play vigorously, which is a great aid in the battle of life.

Care must be taken not to overdo, and thus perhaps for life, weaken or injure the heart. The race, at first, should be short and frequently repeated, rather than long, and full speed should not be attempted for some time.

Running is well adapted to young and middle aged persons, but not to those who are fat. Sedentary persons may find great benefit in it after the day's work is ended. If they live in cities, a quiet spot in the park may be selected, and scort trials adapted to the strength entered into. Invalids may do the same thing, only they must be more careful than the robust never over exert themselves.

Girls may run as well as boys, and, while they cannot go so fast, they can race much more gracefully and beautifully. Insights than that of a race between beautiful girls from ten to twelve years of age. After buberty, the change in the formation of the bones of the pelvis in girls renders running less easy and graceful. In ancient Greece girls were trained to run races as well as boys, and to their superb physical culture was in great part due the grandeur and beauty of Greek life during the years of their ascendancy. The modern style of dress for girls after puberty is also entirely unsuited to running.—Herald of Health.

The Drink Blll of 1882. The annual session of the Good Templars, which was opened at Gloucester recently, had a special significance imparted to it by the elaborate calculations in respect to consumption of intoxicating drinks by the nation which have been lately made. These statistics, which have been drawn out by Mr. William Hoyle, not only show what the drinking account of the people has amounted to during the past year, but for several years previously. It certainly furnishes a subject for reflection to learn that the consumption of alcoholic drinks during 1881, as calculated from recent Government returns, amounted to more than one hundred and twenty-six millions and a quarter sterling. But this sum, immense though it is, does not equal that returned for the preceding year. There has been, in fact, a great diminution of late in the amount of intoxicants drunk by the people, and it would be unjust to refuse to give credit to the Good Templars and a kindred association for the improved state of things in this respect. Working men spend too much of their hard carnings in self-indulgence of the kind which so largely increases the revenue, while it materially adds to the expenditure of parochial bodies. The Good Templars have, according to the reports presented at the recent session, ninetythree thousand members who are adults and fifty thousand children. The effect of the movement which has so long been going on can hardly be appreciated from mere figures, for the influence exercised by this great army of teetotallers, must be felt by these persons who are not actually members | It followed the water-pipe under ground until of the society. Of course we do not per- it reached the main in the street and shatceive the desirability of everybody becoming total abstainers from all kinds of stimulating drinks. But it cannot be doubted that it is much better for the drunkard and everyone dependent upon him, to drink water throughout the remainder of his existence than to destroy his own constitution and | Day.

bring his family to the workhouse in order that he may gratify his inordinate love for liquor. But even more dreadful results than these frequently may be directly traced to long continued habits of inebriety. Not only does the drunkard himself, in fits of unreasoning fury, often cruelly ill-use those who should be the objects of his care and affection, but he frequently murders them. Indeed, there are not a few instances where the besotted husband drives the suffering wife in her despair to destroy herself and, perhaps, her little ones also. Drunkenness, in short, provides much work for the hangman as well as for the prison warder, and not a little for the undertaker. - Daily Chronicle.

## INTERESTING FACTS.

It has been estimated that there are 600,. 000 miles of barbed wire fence in use. Ninety-three thousand acres of land were

planted with timber in Kansas last year.

Nearly \$14,000,000 worth of cattle are now grazing in what six years ago was Indian country in Texas.

Great Britain has 13,000 registered chemists and druggists and 23,000 registered medical practitioners.

On the western end of the Canadian Pacific road 8,000 Chinamen and 3,000 whites and Indians are employed.

Out of 9,727,992 registered letters and packages carried last year by the Post Office Department, 726 were lost.

A man breathes about eighteen times a minute and uses 3,000 cubic feet, or about 375 hogsheads, of air per hour. Three thousand depositors in Continental

savings banks have not made inquiries about their money for twenty years past. The ground upon which Cincinnati stands

was purchased by J. C. Symmes about ninety years ago for sixty-seven cents per acre. A sleeping-car porter who travelled 650 miles with ten passengers worth over \$3,-

000,000 each says that his perquisites were only fifty cents. The city of Newark, N. J., contains 1,299

factories, with 29,232 workmen. The capital invested is \$23,919,115, and the sales foot up \$66,234,525. Sea urchins are so tenacious of life that on

opening one it is not uncommon to see the pieces of the broken shell move off in different directions. The aggregate value of the property of

colored people throughout Tennessee is set down at \$6,478,951, being an increase of Farmers in the United States have \$12,-210,253,362 of capital invested in their busi-

ness. This sum includes farms, implements, live stock, fertilizers, and fences. Massachussetts fisheries employ 25,117 persons, and at lease 100,000 persons are supported by this industry, which has just passed through an unusually prosperous year

in 1882. There were on the farms in the United States on June 1st, 1881, 10,357,981 horses, 1,842,590 mules, 993.970 oxen, 11,443,590 milch cows, 22,4888 other cattle, 21,191,156 sheep, and 47,688,951 swine.

The gold annually taken from the Siberian mines is estimated to be worth \$6,000,000. The first discovery of the metal in that country was made at the beginning of this century. The average cost of an expedition in search of gold is estimated at \$3,000.

# ODD HAPPENINGS.

A sermon at a revivil service at Rouisville, Pa., sent Jesse Wilhelm to an insane asylum. The minister said that all members of the Reformed and Luthern Churches were condemned to eternal punishment. Wilhelm's mother and sister had died in that

As a squirrel that had been shot at in deed, there can be few more attractive | Plumas county Cal., jumped from the tree unhurt, the hunter's dog seized it. The squirrel caught the dog by the lip. Unable to shake the squirrel off, the dog ran to a stream near by and, plunging the squirrel under water, held it there until it was drowned.

> "Our first children all died," sa'd a resident of the village of Fort Valley, near Americus, Ga , "and, as we were deeply anxious to 'raise' some, we have named those now living after animals. Knowing that animals receive the special care of Providence, we call our children Fox, Coon, Rabbit, and 'Possum."

> While herding his flock of sheep in the Salt Spring Valley, Cal., Amos Ross saw a large antlered buck bound in among them. As he went toward it the buck made a fierce plungeat him, but being an acrobat, he dodged the blow, and stepping on one side, caught the animal by the hind legs. He then whipped out his knife and cut its

> For several days the horse of S. B. Cohen, a merchant in Madison, has been found in a profuse perspiration in the early morning, with a print of a leg on either side, as if he had been ridden bare-backed. The stable is locked at night, and the horse is in his stable at daylight every morning, but for the past few mornings he is panting as if he had just returned from a long jaunt, and is wholly unfit for service during the entire day. The more ignorant are much agitated over the matter, contending that witches visit his stable.

# Queer Effects of a Lightning Bolt.

The fierce lightning and thunder storm of Thursday night played strange freaks in the residence of Mrs. C. W. Jennings, of Greeneville. The bolt struck on the roof making a hole large enough for a man to crawl through, shattering some of the oak rafters and shaking up the chimney so that it will need extensive repairs. From the attic it made its way down between the plastering and clapboards without disturbing a lath until it reached the sink-pipe, when it burst through the clapboards near the ground. tered it. The occupants of the room directly under the roof where the first entrance was made were unaware that the bolt had struck the house until the rain which entered through the hole admonished them that something was wrong, -New London (Conn )

# Beaverton Lumber Yard. BRICK YARD

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Allen H. Lawson, Woodville. Feb. 26th, 1883.

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4, Nov. 6, Dec. 11. CANNINGTON.-Feb. 14, Mar. 21, May 9. June 10, Sept. 5, Dec. 12. BUAVERTON.-Feb. 15, Mar. 22, June 21, Sept. 6,

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