

FENCING.

The practice of fencing is entitled to the attention of the youth, middle-aged, and even those more advanced in years. That the endeavor to acquire skill in this art is not only most beneficial to the whole system, but also to the mind of men, is a fact which for centuries past has not alone been upheld by the foremost men of all ranks, but also sufficiently proven by the active part they themselves have taken to attain mastership in the use of weapons. Though our arms have during the last 50 years undergone much change, they have been much perfected, and likewise has the manner of using them. Young and old do not weary in their enthusiastic praises regarding an art from which they derive continuously physical benefits and mental pleasures. The study and practice of fencing is not alone conducive to health, but many cases are known where the use of the foil for instance has helped to regain health.

Making mention of the foil, permit me to explain, that it holds the principal place among arms; that the use of all other weapons is very easily acquired by him who has had a thorough course of fencing under a judicious teacher; that if practice and theory combined have been attained to a considerable degree by the student, the foil can be used, and fencing carried on to an old age. Foil fencing, scientifically studied, constantly presents new features, under becomes tedious, can be carried on with as little danger as bicycling, boating, baseball playing, etc.

What is true of the mind is true of the body. They both have their recreation, each in their realm. Persons whose occupation confines them much to the interior of buildings and whose time may be limited, will not find a more healthful recreation than the practice of fencing, nor gain as much benefit from any other physical exercise, as the one just named. To weary you with the study of a code of health can hardly be my object but would be pleased, if you permit me to bring to your notice a few of the advantages gained by the study of "how to use arms".

1. As the body maintains an erect position during the various motions of its members, the muscles of the fencer acquire vigor, and thus he develops gradually, firmness, balance and elasticity, grace and facility of movement, combined with agility.

Fencing if taught and practiced aright sharpens the eyesight and

strengthens same, in case it be deficient.

Since however great may be the agility employed in attacks and parries, thought is essential, the student attains to exactness and precision, learns to see, think and act without hesitation, to make right moves, be this by attack, parry or return.

The practice of fencing, if earnestly gone about, aids much in the development and practice of coolness self control and self-discipline.

I also beg to call attention to my many years experience as an instructor in German and French. Once the theoretical foundation gained, the practical acquirement of either French or German will be an easy and agreeable task.

Should anyone desire to take up the study of fencing or languages at his or her residence, I will be pleased to make such arrangements.

Very respectfully,
F. W. ALEX.

SOLDIERS AND SAILORS ASSO.

The executive committee of the Lake County Soldiers and Sailors Reunion Association will meet at G. A. R. hall in Waukegan at 1.30 p. m., Tuesday, July 13, 1897, for the purpose of fixing upon a time and place for holding the 19th annual reunion. Propositions for grounds and entertainment will be received from places that wish to have the reunion. Comrades are invited to be present.

J. K. POLLOCK, President.
B. A. DUNN, Secretary.

The First United Evang. church will have its first anniversary service Sunday evening. The pastors and congregations of other denominations are heartily invited to attend.

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