

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 mastery 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, such as sword, bayonet, cane, etc., 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, never 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.

Office hours, from 9 to 12 a. m., at room 7 Highland block. Instructions given any time during day or evening.

Very respectfully,
F. W. ALEX.

RAVINIA ITEMS.

RAVINIA IMPROVEMENT SOCIETY.

The society met in regular session last Monday evening. Several items of interest were brought up during the business meeting; the sidewalk on Judson avenue is to be pushed along as rapidly as possible as a new subscription is being made to build a walk to the city limits. The bath house proposed by Mr. Kellogg is to make its appearance on the lake shore in a few days. The Literary committee for the next meeting is headed by Mrs. W. L. Mc Kenzie with Mrs. Lucas and J. C. Coe to assist.

The program of the evening was announced by L. M. Comstock for the chairman who was absent.

Beulah Lucas gave a recitation which was applauded so heartily that she surprised the audience by returning with an encore. W. C. Mc Kenzie delivered a declamation, "Lochiels Warning" which was appreciated by all. A song was rendered by a quartette after which Mr. Thoren succeeded admirably in getting the audience shaken up, not the same way he shakes his own church people up, but he did it by simply "telling how he felt." Providing Mr. Thoren has no patent on the scheme the Society might invest in some more "liver shaker" which might in turn stimulate the finances of the Society.



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