

WALKING FOR HEALTH.

NATURAL EXERCISE BETTER THAN ANY MECHANICAL.

A Health-Giving Pleasure Open to Rich and Poor Alike—Physical Culture Which Brings Delight—Advantages of Walking—Avoid Too Long Walks.

There can be no happiness or contentment without health. Hence health is the first and the greatest of all things.

Not long ago there appeared in one of our leading monthly magazines some valuable articles on the subject of health and longevity.

That the physical activity is conducive to health. That the brain and muscles are the basis and main support of health and long life.

That excessive flesh is rarely found in healthy old age.

That the percentage of those who attain a ripe old age is greatest among farmers, or those leading active lives in the country.

That the statistics also showed a very low comparative health rate for the cities, in spite of the fact that cities and large towns enjoy the benefits of all that science can do.

That the most important of these facts are: In the cities, too, was found the greatest degree of physical degeneracy.

These unsatisfactory conditions are due largely to the fact that the modern city people, who take insufficient exercise.

Street railways and cheap car lines are responsible for a good deal of it. I once heard a well-known physician remark that every street car was a recruiting office for the hospital and the poor house.

People ride when there is no necessity for it, and it would be better for them to walk and save their money.

The important question, therefore, is, how can the modern city dweller, who is busy, who is destroying our manhood and womanhood be stayed?

The answer is simple—outdoor recreation is the cure.

It is important to remember that the modern city dweller is growing up in misshapen under their present carelessness and listless manner of carrying on their lives.

Physical culture of the youth of the land is a question of vast importance and it is one that is now occupying a good deal of attention in the minds of the people.

Public schools of a department for training the pupils in the art of walking and in the habit-giving exercises being vigorously pursued.

This is the best method of training the young for the true end of education should be development, the right adjustment of mind, body and character.

The need of walking is especially felt in the case of the young, who are so much limited in opportunities for physical culture.

It is a well-known fact that the young are best equipped for the sports, base ball, croquet and lawn tennis, etc., but are discouraged.

These games furnish healthy diversion for both mind and body. Base ball is especially good for the young, as it is particularly efficient in promoting the healthy development of the organs of the body.

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The fact that tennis players, as a rule, use but one arm is an objection to the development of the other arm.

Lovers of this graceful, fascinating sport should encourage the use of both arms.

Physical exercise is essential to a healthy condition of the human system will be admitted by all, but people are not so well acquainted regarding the best method of securing the best results.

The various mechanical devices now employed are a fruitful source of discussion. Each method has its advocates as well as its detractors.

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ART OF PRIMITIVE MEN.

The Cave Dwellers and Their Post-Glacial Successors.

Whoever has examined the handicraft of savage peoples knows well that from a very early age two totally distinct types of art arise spontaneously among uncultured races.

One is imitative, the other decorative. Pictorial men, for example the cave-dwellers of prehistoric Europe before the glacial epoch, had an art of their own of a purely imitative and pictorial character.

They represented on fragments of bone or mammoth ivory realistic scenes of their own hunting existence. Here a naked and hairy brute, spear in hand, stalks wild horses, undismayed in the grassy plain.

There, a couple of reindeer engaged in desperate fight, with their antlers locked in deadly embrace; yonder a mammoth charges, unwieldy, with wide open mouth, or a snake glides unscathed between the shafts of an unsuspecting hunter.

All their rude work, their rude work of art reproduce living objects and tell, in their half way, a distinct story. They are pictorial records of things done, things seen, things suffered.

Primitive men were essentially draughtsmen, not decorators. But their neolithic successors, of a totally different type, the neolithic men, who supplanted them in post-glacial Europe—had an art of an entirely different type, purely and solely decorative.

Instead of making pictures of things, they made pictures of things. They adorned their weapons and their implements with knots and necks, with zig-zag lines, with wavy lines, with diamond patterns in mosaic work as seen when they advanced to the bronze-using stage; and they designed brooches and buttons of exquisite elegance, and they seldom introduced in their craft any living object; they imitated nothing, they never in any way told a pictorial story.

They were, in fact, the first to use decorative or aesthetic—persist throughout in various human races, and they remain an essential distinct as the typical instincts here quoted.

The great art of the one is to narrate a fact, the great aim of the other is to produce a beautiful object; the first is to speak, the second is to ornament.

In developed forms you get the extreme case of the one in the galleries at Versailles; you get the extreme case of the other in the chambers at Grand. The modern Eskimau and the modern Bushman resemble the ancient cave-dwellers in the use of purely pictorial or story-telling handicraft.

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SCENES IN YUCATAN.

LITTLE CHANGE IN THE LIFE OF THE PEOPLE IN FOUR CENTURIES.

The Dark Skinned Mayas Still Tilling the Field—Land Owners Enriched by the Steel Industry—Mixed Races—Something About Progress.

If the northern soil blow and the sand-blasts are blowing with every orb of the tide, they were 400 years ago, so too, there is little change in the lower currents of human existence in Yucatan.

The dark-skinned, sun-browned Mayas were there when the first white men came, and they are still to be seen lazily tilling the fields and sowing the seed.

Their primitive life has changed but little in four centuries ago, though the great cities were already in ruins, and their massive causeways and temples were overgrown with tropical verdure.

They had seen the coming of the conquistador, the merchant and the engineer, and they had seen the coming of the modern world.

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CHARACTERS IN BACKS.

As Enter 'ing a student of Human Nature.

The back of an individual is an easy study—the whole of him, his figure and walk, his shoulders moulded by the habits of his life, the carriage of the head, the position of the feet, the position of the hands, the position of the arms, the position of the legs, the position of the feet, the position of the hands, the position of the arms, the position of the legs.

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More solid comfort in one package of the "Mastiff" than you can get out of a dozen others.

Italy has arrested 216 members of the Mala Vita society of brigands.

Barrios' government was inaugurated in peace. Both Guatemala and San Salvador want to fight, but both are prevented by poverty.

The Hawaiian sugar crop will be the largest ever known.

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TOWER'S Improved SLICKER Will Not Peel or Leak or Stick Soft Woolen Watch Out! Collar.

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Emperor William and his cabinet have split on the education bill.

The czar is alarmed over the report that another plot is under way for his assassination.

President Palaver of Venezuela has twice postponed the presidential election and his opponents are stirring up a rebellion, backed by ex-President Blanco.

Several franchises in Chicago.

Principles of the Flying Roll are deserting him on account of his "spiritual marriage" theories and leaving the Democratic party.

The prohibition state convention in Michigan voted not to fuse with the People's party.

A storm of sleet, hail and snow, with intensely cold weather, did great damage to crops all over Texas March 17.

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CONSUMPTION.