

Physical Culture.

"Dignity is killing four-fifths of the world," says Julian R. Brandon, professor of physical culture; "dignity and over-eating and laziness—physical slothfulness."

Mr. Brandon is sweeping but emphatic. He doesn't mince words nor pad with compliments the sharp edges of truth.

"What nearly all men and women need," Julian R. Brandon, professor of physical culture, goes on to say, "is the power to unbend, the power to relax, the power to play. They need to escape from the straight-jacket of conventionality, from the strain of self-consciousness and become, for the sake of bodily health and cheerful temper, even as little children. What most men and women really need—the men and women of big cities particularly—is more physical activity and less to eat."

"More people have died of over-eating than have died of starvation in all the famines of India and Egypt since the world began!" —[Ex.

President Roosevelt.

Theodore Roosevelt, the twenty-sixth President of the United States, was born in New York City October 27, 1858, of an old Holland family, early settlers in Manhattan. His family had large wealth, a share of which came to him, although some unfortunate investments reduced the sum to a modest competence. He was graduated from Harvard University in 1880, and was elected to the New York Legislature in 1880, serving two years. He was a member of the Federal Civil Service Commission in 1883, and had won distinction by his advocacy of civil service reform. He spent some time in the West as a ranch owner, and was noted for his courage and love of adventure, and of sport. He became police commissioner of New York in 1895 and fought hard for police reform. In 1897 he was appointed Assistant Secretary of the Navy, and returned in 1898 to become lieutenant-colonel of the "Rough Riders" in the war with Spain. He saw battle in Cuba, and was made colonel. He was chosen Governor of New York in 1898, and

was nominated for Vice-President with Mr. McKinley in 1900, being elected in November last, and was sworn into office on March 4. He is an author of repute, his books including "The Winning of the West," "The War of 1812," "Essay on Practical Politics," "American Ideals and Other Essays," "History of New York City," etc. He was considered an independent Republican during his early political career, but of late years has been among the regular members of his party. He is a noted advocate of civil service reform, and is an expansionist and in full sympathy with the recent policy. —Ex.

Personal Side of Roosevelt.

The following statistics of the new president are of interest at this time:

Height—Five feet eight inches,

Weight—One hundred and eighty-five pounds,

Chest measurements—Forty-two inches.

Collar—No. 16 1-2.

Gloves—No. 8.

Hat—No. 7 1-4,

Shoes—No. 9.

Has not been sick in the last 10 years.

Has no life insurance.

He is 42 years of age.

His father died at 47; his grandfather at 77.

He prefers simple food, but is a great eater. His appetite is voracious and he indulges it. He does not smoke.

He takes all sorts of physical exercises—rides horseback, uses dumb bells, spars, punches the bag, wrestles and walks miles at a time. Besides the forms mentioned, his exercise ranges from hunting big game to romping with his children.

Has never had a physician; says he has no use for one.

He sleeps eight hours a night; goes to sleep the minute he gets into bed and does not wake up until morning.

—[Herald Disseminator.

Don't be a clam, boys. If you must be anything of the kind be a turtle—then you will always have a little snap about you.

Why is a cat so musical? Because it is full of fiddlestrings, of course. —[Sci.