Physical Culture.

Superintendent Murphy, of the Cincinnati Gymnasium, has had more experience with regard to physical culture than any man in the West, and combining as he does great intelligence with this great practical knowledge, the following remarks by him must be of general interest and value:—

Do you know a man or woman who has not an honest admiration for a fine physique?

I have never met one who would confess had taste enough to admit it. Show me a man or woman with a fine figure who does not take at least a secret pleasure in the same and I will show you a paragon of stupidity.

Just as we admire a well cultivated brain do we (though in a much less degree I grant you) admire a finely developed human figure. And why not? Is not the body the home of the brain? Aye, 'tis the support, the nurse, the very life, so to speak. Some of us are being comfortably fixed with a rather short allowance of brains, but brains must have physical support.

If a fine physique is to be truly admired, why should not not every one strive to improve in this direction? And the susceptibility of the human form to improvement is simply amazing!

Young man and young woman, exercise regularly and judiciously—to improve a leisurely face is a difficult task; to improve an imperfectly developed form is only a matter of perseverance.

A second reason why we should exercise is because physical work, when carefully and understandingly done, brings physical power to the worker.

No young man knows at what moment he may be called upon to save a fellow being from a burning mills hall, or any other one of the many dangers that are constantly assailing us, At such a time physical power gives confidence, and confidence in one's ability is half the battle.

Now, understand me: by confidence I do not mean courage, for physique of a Muldoon does not give a coward one grain of true courage. On the other hand, a man with a fine physique of a Muldoon does not give a coward one grain of true courage. On the other hand, a man with a fine physique and a fearless heart will have the courage of a lion, and still find it very difficult to snatch a one hundred and thirty-pound woman from under a carriage wheel.

Let me draw your attention to the great possibilities within the scope of physical improvement.

Our measurement books show that increases of three inches in chest, one inch in arms, legs, &c., inside of from four to six months are common; and Prof. Griffiths lately drew my attention to the measurements of a young man new to the gymnasium by a physician who made the remarkable gains of five and one-quarter inches in chest, six inches in arms, and a like increase over the whole body; and this after only eighteen lessons.

It seems almost a waste of time to more than make the bare assertion that strong minds are in strong bodies.

History, from the earliest date, rarely speaks of a truly great man, without in some way alluding to his physical activity, great powers of endurance, etc.

During the year 1884-5 I made it a point to notice the effect upon the students attending our medical colleges.

Who among you does not know that exercise is essential to the good health of your dog, horse, or any other animal in your possession?

Man is an animal; why should he be exempt from exercise?

The Almighty Creator has not put a single muscle in the construction of a human being that is not absolutely and essentially necessary for its welfare.

In the eastern states the subject is receiving more attention each year with good results. Heaven speed the day when we follow suit.

A sound mind in a sound body is what we all desire to possess; let us work for both, remembering that after all the power to improve either one or the other is within ourselves alone.—Cincinnati Commercial Gazette.

A Walk with a Tiger.

From the London Court Journal.

Only a few months ago, in India, in a certain planting district there was a notorious maneater. Two gentlemen, A and B residing together on an estate, had lost, besides other employees, two cooks, and one native watchmen, within a few days, and the unfortunate men had been actually carried off out of the veranda of the bungalow. A and B therefore determined to clothe themselves like natives, and sit during the night, armed, in the veranda, in the hopes they might be able to get a shot at the man-eater, who, they thought, might probably return to the spot which had already provided him with two victims. They proceeded to carry out this intention, and sat up till about 3 o'clock a. m., but nothing appeared. A retired, and entering his room had just closed the window, and was gazing out for an instant, when he looked up, and there, in the veranda, right on his friend, he heard sounds of a scuffle, and a cry for help. Seizing his rifle, to which a second barrel was attached, and flinging up the window, he rushed out, in time to see B walking down the steps with his head up in the air, and alongside of the tiger, with his hand in the latter's mouth. A was afraid to fire lest he should hit his friend, so, running after him, he, with admirable presence of mind, went up to the tiger, and, plunging his bayonet into the animal's body, at last succeeded in killing it. There was a roar and a scuffle, and B took advantage of the moment, to release his head, and, as the tiger, after tumbling, died. B's hand was terribly mauled.

Literary Eminence.

The Boston Transcript.

Hawthorne used to ride up and down, in his later years, he tells us, with plenty of people who knew him well as the ex-surveyor of the port of Salem, but who never knew he had written anything, and had never heard of Hawthorne's books. In Samuel Longfellow's memoirs of his brother, there is an entry from the poet's diary in which he tells how a "society woman," at whose table he was dining one day, asked him, "Oh, Mr. Longfellow, have you ever published a book?" This was after two-thirds of his life work was done. Literary eminence does not effect much modification in the minds of people of a certain grade. The other day, the Listener is told, a gentleman came into the barber shop just as Dr. Holmes was going out, and occupied the chair that the autocrat had vacated.

"Do you know who that was that just went out?" said the barber.

The visitor was curious to see what account of Dr. Holmes the barber would give, and shook his head.

"Why, said the barber, "that's old Dr. Holmes."

"And who is Dr. Holmes?"

"Oh, he's been a doctor here a great many years. I believe he ain't practicin' any more, but he's thought a great deal of!"

THE LIGHT OF LOVE.

Fair is the flush of summer dawn,
When the gate of pearl unfolds,
As it glimmers along the dewy lawn
And shimmers among the reeds,
As it wakes too the little drops of dew
To quiverings of delight,
And threads the aisles of the forest through,
On the trail of the flying night.

Soft is the gleam of the summer stars
When the feverish day is over,
When the lays are afloat in silver cars
And the dusky moth is a rover,
When over the mead the steaming flowers
The scents of the fountains creep,
And the languid cares of the drowsy hours
Are wooed by the song of the deep.

But the dazzling hues of the morning fall,
And dull are its golden beams,
And all the light of the stars is pale
In my darling's tender
For the stars may shine
dyes,
And a cruel sunbeam
But the light of love in a w
Is the purest light of all.

A Story of the French Revolution.

From the Boston Times.

One lovely day in August a year or two before the frantic uprising of the long oppressed and down trodden people of France, there sat in an exquisite boudoir in the palace at Versailles, two ladies engaged in lively conversation. The room was a charming little retreat with painted ceilings and walls hung with Gobelin tapestry of magnificent workmanship, there were rosewood floors, carved chairs, silk and lace, furniture of gray and gold, chefs-d' amore of carving and enamel, glass, lustres, gothic clocks, embroidered screens, paintings by Veret and Jansen and other famous artists and luxurious appointments of which the fair queen was so fond. The elder lady, who was between thirty-three and thirty-four years of age was remarkably beautiful, although at first sight, a great air of hauteur detracted slightly from the charm of her expression. Her carriage was so proud and her whole appearance so distinguished one could tell at a glance that she was no less than Queen Marie Antoinette. Her companion who was ten or twelve years younger was hardly less beautiful than her majesty. Her complexion was charming; her brown hair drawn back from the temples showed to advantage the perfect contour of her head, two large blue eyes calm and serene, a well-formed mouth and pearly teeth, such was the appearance of the favorite maid of honor to Queen Marie.

"Jeanne," said the queen, as she bent over her embroidery frame, "I have often heard of the great and wonderful power of the Socerer Count Cagliostro, ma belle; we will visit him this afternoon in disguise and beg him to cast our horoscope and favor us with a glimpse into the future."

"But, your majesty," replied the lady-in-waiting, "what will the king say? I fear he will not approve."

"We will not inform him where we are going, and on my return, if the future is to be a bright one, I know the king shall hear of our adventure."

It was toward the close of the day when two sisters entered, in black robes and close black bonnets might have been seen hurrying along through obscure streets trying to elude observation, and the taller one held a handkerchief to her face whenever a passer-by glanced toward them. At length hailing a public carriage, they were driven rapidly through the well lighted thoroughfares, until they came to a large house with an aristocratic air, it was dark and somber looking outside and was surrounded by a courtyard. The coachman opened the gate for his passengers, and gave a loud knock on the oaken door and left, after being told to return in an hour's time. A servant answered the summons and the taller lady asked for Count Cagliostro; he bowed, and silently and noiselessly as a shadow he glided over the thick carpet. Throne lamp dimly lighted up the large and lofty hallway. Ushering the strangers into a magnificent apartment, all built of the richest and perfumed wax lights in glittering candelabras and gorgeous with velvet furniture, the man announced in a loud voice.

"Two ladies to see the Count Cagliostro."

Seated at a table in the center of the room was a gentleman near forty years of age, short, fair haired, blue eyed, with a pensive expression on his handsome boldly cut face, and a nobility stamped on his open and manly forehead. This was the then celebrated Count Cagliostro. Instead of honor trembled and clungnervously to the arm of her royal mistress, but the queen advanced with a proud step.

"Your majesty honors my humble abode," said the gentleman as he bowed and kneeling kissed the hand of the queen.

"Ah! so you penetrated my disguise!" laughed the lady, but blushing as she met the cold clear blue eyes of the count fixed upon her lovely countenance.

"Who could ever forget the face of Marie Antoinette, the most beautiful queen who ever sat upon a throne?" replied Cogliostro, as he placed chairs for the ladies, bowing to the ground as he did so. Marie Antoinette removed her heavy hood and cloak and her beautiful golden hair fell in a soft grey silk with costly laces at the neck and short elbow sleeves, her fair hair of which she was so proud dressed high on her head and in the style of the day, and her eyes blue as woodland violets, her throat, around which glittered a circle of pearls, white and slender, her hands, also flashing with gems, were perfect, the expression of her face severe but noble. Jeanne also laid aside her disguise and then the queen turning to the count said, while a sweet smile lighted up her countenance.

"We have intruded on your valuable time I fear, but we wish you to favor us with our horoscope."

Cagliostro turned pale as the strange being glanced toward her, for she thought of the many rumors she had heard in regard to Count, who it was said to have the art of renewing his youth, that he had lived for thousands of years and yet was young, had discovered the elixir from a book of the destiny of all he met.

At the request of the queen Count Cagliostro looked at the lines of the ancholy air full of pity and kindness, and Jeanne felt a thrill of superstitious horror pervade her frame; but the queen smiled and calmly awaited quietly until the mysterious man should speak.

"Madame, my honored mistress, I cannot refuse a request of yours, if you insist," and the count bowed humbly before his royal mistress.

"But I do insist, and that will not answer then I command," the queen smilingly replied; but at the same time, Jeanne who knew Marie Antoinette well, felt that she meant to be obeyed in spite of entreaties.

No more being said the count sat in silence for a moment, there seemed to beam from his blue orbs an inspired light.

"Your past has been pleasant, you have had youth, health, beauty and adoration. Your future is clouded. I cannot see clearly, but—" and hesitating he stopped.

"Go on, the queen commands," said a calm voice and Marie Antoinette sat smiling and undismayed.

"I see a great crowd," continued Cogliostro in a low tone, "and a scaffold—a lady ascends the steps, the executioner is there, the lady's long hair is snowy white; she turns—it is the queen, it is Marie Antoinette."

He ceased and a cry of horror broke from the pale lips of Jeanne.

"This is horrible! tell me you are jesting," said the queen, but she looked at him with a supplicating air.

"I never jest," the strange being answered coldly.

"You are not very gallant, Count; you frighten my little Jeanne by your ghastly prophecies," calmly spoke the queen, though truth to tell her own cheek was slightly pale. "If you can see anything bright in her life tell her of it and drive away these shadows."

Cogliostro looked at the fair, beautiful lady with respect and admiration; then turning to Jeanne he smiled as he gazed on her sweet and blushing face.

"You will ere many years pass over your head be a happy wife and mother; but before you become such you will be sorrow, darkness and grief. You will marry a man now [illegible] in the service of your greatest danger."

"Happy girl," sighed Antoinette as they resumed their disguises and prepared to leave, "I envy you, Jeanne, as queen, every one who can pass the evening of her days in quiet and seclusion. To me is desired love and trust. I often wish I had been born an humble peasant, and had one heart among the many that I could call all my own; but if I am to die on a scaffold I will die as befits the queen of France."

The king never knew of the dark fate predicted to his royal spouse. The Count de Moissac, husband of Jeanne, was very wealthy, and had vast possessions in the south of France. He was a handsome, haughty, looking down on the common people, and treating them as mere servants fit to do his will.

He was a staunch royalist adoring the king and his beautiful queen. The count's palace, or hotel as it was called, was almost as magnificent as the royal residence. Among the numerous household was a young gentleman holding the office of private secretary to Count de Choisseul. Francois Varney was a native of Lyons. He and his brother Claude were orphans. Francois was a fine looking man, with interest bearing from the first dark eyes, and in spite of his hum ble birth his air was distinguished, his manner perfect, and a certain look of loving devotion filled his bosom. He had presumed to lift his eyes and thoughts towards the daughter of his employer; and dared in his secret moments to think that that some day he might earn the love of the peerless Jeanne de Choisseul. Claude Varney, the brother of Francois, was an extreme republican, hating the aristocracy, and hating his brother, as the wicked and unprincipled ever hate the virtuous and the noble. They had one relative, an uncle, Jacques Varney, who resided in Paris. He was a bright gentleman there, was a good honest citizen, but a true man of the people, hating the king and his lovely queen. The months passed swiftly. At court and among the nobles all was gaiety and balls, masquerades, water parties and other festivities followed each in their season. The fete rolled in, but the poor were starving. The queen so charming, so beautiful, was called a coquette, a butterfly.

Marie Antoinette was a true woman, and gloried in being loved. It was an innocent coquetry, but alas! the time was soon coming when every little act of the poor lady would be brought up in dark array against her. The king, Louis XVI., was vulgar, coarse and unrefined, and in spite of his elegant costumes covered with embroidery, and his hands sparkling with diamonds, and his feet in shoes of big jewelled orders and crosses his majesty had nothing digified or kinglike in his demeanor.

The day the story came, and at last it broke with fury over the heads of royalty and nobility, but even when its first dark wave fell upon the royal family and its adherents, the nobles would not believe that anything could menace their holy order. Who has not read of the Reign of Terror, when the best and noblest people were the leaders in these terrible times, Marat, Danten and Robespierre? The Convention, the Convention and the mob which none dared resist. The guillotine was the awful instrument used for cutting off heads [illegible] By. For a long time the haughty aristocrats stood around their ladies, and with their sparkling jewelled orders and crosses his majesty had nothing digified or kinglike in his demeanor.

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"Have you ever repented marrying so much beneath you, ma belle?" asked her husband, as the setting sun enveloped the group in a midst of golden splendor.

"Never, dear Francois. I am happy with you and with Jeanne, and the past seems like a fearful dream."

Pilate's Sentence Upon Christ.

From Notes and Queries.

A correspondent sends the following as a correct translation of the sentence of Pontius Pilate. He says this curious document was discovered in A. D. 1280, in the city of Aquill, in the kingdom of Naples, in the course of a search made for the discovery of Roman antiquities, and it remained there until it was found by the Commissioners of Art in the French army of Italy. Up to the time of the campaign in southern Italy it was preserved in the sacristy of the Carthusian monastery near Naples, where it was kept in a box of ebony. Since then the relic has been kept in the Chamber of Deputies at Naples, from my arms; could get no relief only by injections. My stomach being relieved, my food caused me great distress. My feet also seemed to be in the way of my recovery, and I cut off my toes. Nothing benefited the very least of medical skill could do. I grew gradually worse, but little encouragement could I get from my friends, as I was a cripple. I was confined by the bed almost constantly, and every time I moved my limbs I had to be moved. I was but little more than two months before I could walk on crutches. I was so well woman have walked one and a half miles in a month. Even eat a full meal of food and enjoy it. I have gained from a pound since last May, to 11 now. Could gain more, but do not like to eat heavy meals. I want to say to my friends that I discovered Rheumatic Cure, and I myself are the medicine that cured me. I used no other. I used with the first bottle, have used ten bottles in all and am sure to anyone who reads this has no doubt as to the efficacy of my statement. I will afford me pleasure to refer them to my former friends, who will be glad to set me at rest at my recovery. It is a great family remedy.

Very truly,
MRS. CHESTER GAGE.

VASSAR, Mich., Oct. 11, 1886.

This is to certify that I have known Mrs. Gage since she came to Vassar, and know the facts set forth in her statement above to be true.

Very truly,
GEO. F. WILLIAMSON,
Of the firm of Johnson and Williamson, druggists, Vassar, Mich.

The Rev. William Carlile, a young London preacher, has founded a church called "Church Army," the Anglican rival of the Salvation Army.

What will the Patent Medicines do?

Two years ago Lieut. Moxie accidentally shot himself in a common soldier plant grown near the equator would. Symptoms nervousness and nervous exhaustion from either are like a flood at once. The imminent physician has ascertained it will [illegible] opposite for insomnia. It will put up an intoxication in an hour. It has been proved to be a heart nervous tonic, and is sold in bottles and through the mail, found at by the druggists. It is said the [illegible] for a few days, and the cures are so marvelous that the doctor could work while taking it, the [illegible] immense. It called Moxie Nerve [illegible].

A New York woman made 1,500 buttonholes in 10 cents a hour, and was discharged from the manufacturer and was then obliged to see him or her pay.

"A Lovely Picture."

We have just received from the Rhea matic Syrup Company, of Jackson, Michigan, a lithographic picture, size 20 by 30 inches, by twenty-eight inches in size called "The Lovely Picture." It is an Oriental figure, lovely in design and truly a work of art, and it cannot fail to be appreciated by all who see it. We are requested to say that they can be procured by calling on your druggist, in case the druggist does not have them, inclose six cents in postage stamps to the manufacturers, at 662 Main Jackson Mich., and they will send you one by return mail.

Ninety six thousand men is the strength of the [illegible] that makes Hostetter's Stomach Bitters the greatest general of civil troops in the whole world.

Mr. A thur Shurtleff, Parker, Dakota, writes: "St. Jacobs Oil will cure anything—it cured my wife of rheumatism, my finger when I had for years." Price Fifty cents.

The new bridge across the Ohio at Cincinnati will be 1,340 feet in length and 1,1 feet above high water. The center span will be 500 feet, the largest in the country.

It is said that the famous Russian [illegible] is said to believe that he is an expert shoemaker. Brennan, who visited him in the Canadian's care to wear the shoes made by the novelist.

At Terre Haute, Champaign County Ohio, Mr. Thos. Fowler had a bad sore throat and he writes: "I have a fine lot of Polish Chickens. I gave them St. Jacobs Oil on a piece of bread for the croup. It cured them. The next morning I could not tell which of the chickens had been sick."

It is reported that the sales of the five million [illegible] medicine that are required in England are greater in that country than in any other country in the world, and five magazines published in the United kingdom.

It will tell with sore eyes, use Dr. Isaac Thompson's Eye Water. Druggists sell it. 75c.

FOR

Sick Headache, Biliousness, Constipation.

PUBLIC OPINION

Of Chamberlain's Colic, Cholera and Diarrhoea Remedy.

It is one of the grandest preparations ever offered to the trade.
L. O. GALE, druggist,
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Two doses cured me of a severe attack of colic after camphor and hot drops had failed.
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We recommend it because it is good and always satisfactory.
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I have handled it for several years, it gives universal satisfaction.
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My customers speak highly of it, and will have no other. It is quick in its action and perfectly safe.
DR. H. L. ST. JOHN,
Howland, Mo.

Last August a drayman came in the store suffering terrible pain in griping pains in the stomach. We gave him a dose of it, and in fifteen minutes he remarked that he felt like a new man ever.
OSBORNE & FRANKLIN, druggists,
Dakota City, Iowa.

While very sick with diarrhoea last summer, I procured a bottle of it and was cured with two or three doses. pronounce it an excellent remedy.
J. BRAY,
Craig, Mo.

The Baltimore park commissioners have just prohibited kissing in the public parks under penality of $10

A $100,000 cotton mill is about to be built at Louisville, Ky. The capital stock has already been sold.

Opera, opiates, and owl are terms used by some western musical critics with slight shades of meaning.

Charley Tong Sing, a survivor of the Jeannette expedition, has established a restaurant in San Francisco, Cal.

The kick of a horse started a fire in Newton Village, N. Y., the other night that burned twenty one buildings.

The Iron guards of Youngstown, O., have changed their name to Logan guards in honor of the late Gen. Logan.

An English prisoner, who is 38 years old, confessed recently that he had spent over twenty years in prison.

Augustin Daly says the interstate commerce bill has increased the railroad fares of his company fully 30 per cent.

In Buffalo, N. Y., natural gas is furnished for housekeeping and other purposes at 20 cents per thousand feet net.

At a New England dairy show there is said to be on exhibition a machine which produces butter in two minutes.

The cremation of the remains of the late Chief Pascual of the Yuma Indians took place at Yuma, Arizona, a few days ago.

A Miracle's Exception from the Grave.
I have been in poor health with a diseased stomach and liver, causing a constant [illegible] continually for ten years. I kept about my house until a year ago last June, when three years prior to that time I had a severe pain in the top of my head, [illegible] past endurance. I suffered almost [illegible] of each month from my arms; could get no relief only by injections. My stomach being relieved, my food caused me great distress. My feet also seemed to be in the way of my recovery, and I cut off my toes. Nothing benefited the very least of medical skill could do. I grew gradually worse, but little encouragement could I get from my friends, as I was a cripple. I was confined by the bed almost constantly, and every time I moved my limbs I had to be moved. I was but little more than two months before I could walk on crutches. I was so well woman have walked one and a half miles in a month. Even eat a full meal of food and enjoy it. I have gained from a pound since last May, to 11 now. Could gain more, but do not like to eat heavy meals. I want to say to my friends that I discovered Rheumatic Cure, and I myself are the medicine that cured me. I used no other. I used with the first bottle, have used ten bottles in all and am sure to anyone who reads this has no doubt as to the efficacy of my statement. I will afford me pleasure to refer them to my former friends, who will be glad to set me at rest at my recovery. It is a great family remedy.

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Obstinate Constipation Readily Yields To the regular use of Carter's Little Liver Pills.

Statistics show that of the blind less than one fifth are now deprived of sight, showing that blindness is not so much a misfortune of childhood as of later years.

Carter's Little Liver Pills will be found an excellent remedy for sick headache. Thousands of letters from people who have used them prove this fact. Ask your druggist for them.

Jubilee Juggins, an English turfite, having recently come into a fortune of $2,000,000, is now the heaviest "plunger" on the British race track.

Congested Liver is Frequent in the Spring and is relieved by Carter's Little Liver Pills.

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I consider it the best medicine in the market for bowel complaints and diarrhoea.
JOHN MCECHRON, druggist,
Marne, Iowa.

It is the best selling medicine, and gives the best satisfaction of any we can get.
F. A KILBORNE, merchant,
Fredrica, Bremer Co., Iowa.

I regard it as one of the safest and best medicines before the public.
W. A. WORK, Secy.,
Iowa Traveling Men's Association,

I have used it and know from experience, it is far superior to any other preparation in use.
J. C. TATE, Insurance Agent,
Sioux City, Iowa.

I think it the best thing of the kind on the market.
L. J. SIFFORD, druggist,
Wall Lake, Iowa.

TRY THE REMEDY, and like myself you will never be without it in your home. I was troubled for years with chronic diarrhoea and used many kinds of medicines, but nothing with permanent success. Finally I used Dr. Chamberlain's Colic, Cholera and Diarrhoea Remedy
JOSEPH MCGUFFIN,
Spaulding, Union Co., Iowa.

It is doing good work and the demand for it is increasing.
G. T. MCCLURE,
Chaney, Clinton Co., Iowa.

It is "A No. 1." We have tried it and speak from experience.
JOHN HERRIOTT, druggist,
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