

IN MUSIC IS HEALTH.

Wind Instruments a Means of Physical Development.

The goddess Euterpe, into whose kindly care the ancient Greeks, when they manufactured their mythology, considered the art of music, has never been regarded as an especial patron of athletics, but according to the statements of physicians, she should be. Physical development, they have discovered, follows in the wake of the wind instrument. The unprincipled individual who in the dead hours of the night wakes the echoes with the wild wails of a cornet from his open window seeks melody; ordinarily he fails to find it, but he does obtain a larger chest.

The American band, a Chicago organization of 40 members, was photographed recently. Incidentally the players were measured, and in the measurement a queer thing was found: The combined chest measurement of the 40 men was 1,574 inches. Individually their chest measurement ranged from 36 to 45 inches, the average measurement being 39.35 inches, and they were not big men, either. The trombone player had the largest chest, 45 inches being its circumference, and the expansion thereof was seven inches. Now, the average man in the ordinary walks of life has not a chest 45 inches around. He is much more likely to fall ten inches below that mark, and as for an expansion of seven inches the same is beyond the reach of his wildest dreams.

The trombone man smiled blandly and designated the trombone as the cause, and physicians say his right.

Moreover, physicians say farther. The statement has been made that of all pursuits within the reach of the man confined indoors for the greater part of the time by his work the playing of a wind instrument is one of the most likely to keep him in good physical condition.

It is possible, they say, in factories and similar establishments where a band has been organized to pick out the majority of its members by the appearance of their chests and shoulders.

Also, the player of a wind instrument seldom dies of lung trouble. He may not be a good player, and may meet a violent end through an untimely exercise of his limited powers in the presence of a bigger man than himself. But lung trouble he does not fear. Only one out of a thousand among players of wind instruments, the medical records show, comes to his death through such diseases, and though any player may happen to be that unfortunate one, he runs a smaller chance of that particular misfortune than men in other walks of life.

The trombone, according to authorities, is the instrument most conducive to physical development. After it comes the cornet, and then in a line of decreasing powers the other instruments of the same class. But the trombone is the most efficient.

Insurance companies, whose aim to insure the lives of healthy people only has led them to investigate many matters, require a chest expansion of two inches in applicants. The trombone player of the band measured tells that one day in the recent past he journeyed to the examiner of a life insurance company to undergo medical scrutiny preparatory to taking out a policy. All went well until seven inches of chest expansion was noted. Then the physician mopped his brow and considered.

"We have," he said, "a record in the company. The average expansion of applicants is not much over 2½ inches. The record expansion is 4½. Under those conditions my reputation will not allow me to send in the true figures regarding your case. The obvious deduction would be that I was intoxicated or mentally deranged at the time the measurements were taken. I will send in the figures as 4½, not seven, inches and retain my reputation."

The chief objection to wind instruments as developers is in the fact that the development is noisy process. However pleasant it may be to the performer, any but expert manipulation of a trombone or cornet is a trial to the neighbors. And to obtain physical benefits the instrument must not be muted. A muted instrument, it is said, forces the air back upon the lungs and destroys the benefit.—Chicago Tribune.

NORMAL ATHLETIC GROWTH.

Overdeveloped Men or Women Not the True Athletes.

It has been recently said by some physician, and the saying has gone the rounds of the newspapers, that athletes are short-lived. It would be better to say that abnormally developed men and women are short-lived.

The true athlete, man or woman, is not overdeveloped or unevenly developed. Brain, heart, lungs, muscles are equally and correlative sound and active. Your bullet-headed sprinter, whose legs and back have absorbed his brain, is not an athlete; no more is the prize fighter, whose chest and arms give him the appearance of deformity, so huge are they.

Certainly the woman whose physical training has destroyed her soft symmetry can not claim perfection of feminine physique. In a word, monster is not an athlete, and an abnormally developed being is a monstrosity.

The value of bicycling as an outdoor exercise does not lie in its tendency to make Amazonas of women and gladiators-like animals of men. The mind as well as the body must feel the recreation and gather in from air, sunlight, sights and sounds the elements of perfect growth. This fine exhilaration of wholesome activity is not to be overindulged and turned into a debauchery. We must know how to quit and how to turn our new kind of health and delight to best account.—Chautauquan.

Party with the paper—Papa, what a pretty bird?

Dame (with a headache)—Your mother is simple and lively at two a.m.—N.Y. Journal.

INSPIRATION OF WOMEN.

High Thought of Frau Strauss—Also Pitiful Sayings About Womanhood.

It is a substantiated and recognized fact that many of our greatest statesmen, literary geniuses, inventors and successful business men owe their success to the inspiration of a woman, says Form. It was the linen cuff and the quick thought of the woman who wore it that gave us one of the prettiest and most tuneful of the Strauss waltzes. Johann Strauss and his wife were one day, enjoying a stroll in the park at Schonau, when suddenly the composer exclaimed: "My dear, I have a waltz in my head. Quick, give me a scrap of paper or an old envelope! I must write it down before I forget it." Alas! after much rummaging of pockets it was found that neither of them had a scrap of paper.

The despair of Strauss was pathetic, until a happy thought struck Frau Strauss. She held out a snowy cuff, which the composer clutched eagerly, and in two minutes that cuff was manuscript. Its mate followed; still the inspiration was incomplete. Strauss was frantic, and was about to make a wild dash for home, with the third part of the waltz ringing uncertainly in his head, when suddenly his frau be thought herself of her collar, and in an instant the remaining bars of the "Blue Danube" decorated the surface.

The first woman senator in the United States is a fervent Mormon, and she has written some interesting reminiscences in honor of the jubilee, but she admits what very few inhabitants of Salt Lake City are inclined to do—namely, that polygamy was more of a curse than a blessing. As an actual fact Mormon women have now the fullest political privileges. Utah places men and women on a perfect equality, but whatever may be the sentiments of the now monogamous saint, the strange religion founded by Brigham Young can celebrate its jubilee with the pleasant conviction that it is more prosperous than ever.

Leo XIII. has just presented a most beautiful and extravagant gift to the queen regent of Spain. It is a rosary, the chain made of the finest gold; the beads are of alternate rubies, diamonds and emeralds; the gift is priceless.

A Japanese saying runs, a woman's tongue is only six inches long, but it can kill a man six feet high.

Balzac says a girl who is stupid, ugly, poor and good possesses the four cardinal points of misery.

A woman is seldom tenderer to a man than immediately after she has deceived him.—Sketch.

HISTORY OF ALCOHOL.

Early Reference to Its Discovery and Distillation.

The Greek alchemists who lived during the early Christian centuries employed distilling apparatus quite largely, and the Arabs merely followed them, adding little of practical value. The most ancient manuscript that contains definite allusion to alcohol obtained by distillation is one of the twelfth century, and here the description is given of the method not uncommon in those days—that is, by introducing secret or cipher expressions which could be understood only by those who have the key. Thus, the description of the production of alcohol contains the words x k n, q b s u f, t b m k t. Berthelot ingeniously solved these ciphers by substituting for each letter immediately preceding it in the (Latin) alphabet. In this way x k n k — v i n (i is absent from the Latin alphabet); q b s u f becomes salis, and the passage, after translation, reads: "Mixing pure and very strong wine with three parts of salts and heating in a vessel adapted for such work, we get an inflammable water which will burn without setting fire to the surface on which it lies."

A more explicit indication is found in the so-called "Book of Fires," ascribed to Marcus Graecus, the manuscripts of which do not date prior to 1300 A. D., but the matter of the book may be much older. In this work the alcohol is called aqua ardens, as noted above.

Another writer, Arnold, of Villanova, in 1309 A. D. termed alcohol aqua vita, and the French language still preserves this phrase in the usual term for strong distilled alcoholic spirit, eau-de-vie. It has often been supposed that the ancient alchemists considered the elixir of life to be identical with alcohol, but this is a serious mistake.

It seems strange that a substance of such marked qualities, familiar production and of such easy separation from fermented beverages should not have been isolated by the ancients, but this is but one of the many evidences of the limitation of their methods of experimentation and study of chemical phenomena.—Dietetic Magazine.

House of Gold.

Not in America, not even in the Klondike, but in the far-off east, at Rangoon, the capital of Burmah, is situated the famous golden pagoda of a Buddhist temple, the whole of the exterior of which is one mass of shimmering gold. This generous coating of the metal is the result of years and years of votive offerings to Buddha, for devotees from all parts of the world come to Rangoon and bring packets of gold leaf, which they place on the pagoda. During the last century Tahehbyo-Yen, the king of Burmah, gave his (literal) weight in gold to the walls of the pagoda, amounting worth £9,000.—N.Y. Journal.

Didn't Work.

Weary Baggies—What did th' ole duffer say when ye tol' him yer jist buried yer wife? Five children?

Wandering Willie—Sed I must feel quite relieved, fer I seemed to hav a job to support myself.—N.Y. Journal.

A Gratitude.

"Don't you think," the mother said, proudly, "that her playing shows a remarkable finish?"

"Yes," replied the young man, "absolutely, 't'wad she was a long time gettin' to play like that in her life."

Succession de François Soujet du Mesnil.

OUR CIVILE DE DISTRICT POUR LA PAROISSE D'ORLEANS.—No 54,589—Division C.

—C'est par le présent donné aux créanciers de cette succession et à toutes autres personnes intéressées d'avoir à décliner dans les dix jours qui suivront la présente notification: les raisons (si en ont) pour lesquelles le dépôt de cette succession n'a pas été fait.

—Acte de vente par l'adjudication d'un dépôt de cette succession.

Succession de J. D. Crawford.

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Succession de Jacob Huber et femme.

OUR CIVILE DE DISTRICT POUR LA PAROISSE D'ORLEANS.—No 53,243—Division C.

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Succession de Paul O. GUERIN.

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