EASTERN STEAMSHIP CO'Y DITIONAL DIRECT SERVICE.



Commencing June 20, 1903, steamers leave St. John at 4.00 a. m. donday, to the control of the co

Star LineS.S.Co.

One of the Mail Steamers, VICTORIA and DAVID WESTON, will leave St. John, North End, for Frederiction and intermediate landings every morning (Sunday excepted), at 9 clock, and will leave Fredericton every morning (Sunday excepted), at 8.00 c'clock. 'clock. Freight received daily up to 6 p. m

R. S. ORCHARD. Manager

MILLIDGEVILLE FERRY.

p. m. Hard 3.50 and 5.30 and 5.30 and 5.30 and 5.30 and 5.30 and 4.15 p. m. Saturday leaves Millidgeville at 7.15 and 9 a. m. and 3.30, 4.30 and 6 p. m. Returning at 6, 8 and 9.45 a. m. and 4.15 and 6.45 p. m. Sunday leaves Millidgeville at 9 and 10.30 a. m. and 2.30 and 5.16 p. m. Returning at 9.45 and 11.15 a. m. and 4 and 6 p. m.

Advertisements under this Head: Two words for one cent each time, or Three cents a word for ten times. Payable in advance. TO LET-From the 1st May next, the fac-tory and warehouse on Smythe street, at recent in occupation of Messrs. T. S. Simms & Co., Ltd. The boiler with engine of about one hundred horse power now in the building can be purchased on reasonable struc. W. M. JARVIS, 118 Prince William

TO LET—That valuable store and premises No. 56 Charlotte street, at present occupied by F. A. Dykeman & Co. Apply to E. T. C. KNOWLES, No. 8, Palmer's Chambers, City.

HELP WANTED, MALE.

Advertisements under this Head: Two ords for one cent each time, or Three cent word for ten times. Payable in advance. WANTER-A smart boy. Apply at once of A GILMOUR, 68 King street. G. NERAL AGENTS WANTED in each over for special, accident, sickness, indentifies on policies and general insurance busines. Liberal terms to reliable men. Write 275. Montreal.

HELP WANTED, FEMALE

WANTED.-A Cook. Apply to MISS THORNE, 15 Mecklenburg street. WANTED-A gilr for general housework Apply to MRS. R. FINLEY, 78 Sewel

WANTED.—Girl wanted for general house ork. Apply at 166½ Sydney street.

FOR SALE.

FOR SALE—A second-hand Typewrite (Yost), in good condition. Price \$20.00. Address TYPEWRITER, Star Office, St. John

MISCELLANEOUS.

SEWING MACHINE. Call at W. H. Bell's, 28 Dock Street.

VAPOR BATHS Niagara Vapor Bath Cabinets can be obtained at 137 Charlotte street. Vapor Baths are said to cure Rheumatism. McGREGOR,

SHOW-CASES A bargain for some one ter Nickle Cases for sale cheap. Call and see them at W. TREMAINE GARD'S, Jew-ler and Opticlan, 48 King street.

TRADES AND LABOR COUNCIL. BERLIJIN, Ont., Sept. 19—The dominion Trades and Labor Council to-day adopted a large number of resolutions, among them one to secure a wage of \$1.50 per day for truckers on the I. C. R. and \$40 a month for checkers; to legalize label unions; to have satisfactory wages paid dominion letter carriers, and opposing any increase in the tariff.

DUNHAM-THORNE—At Johnston, Queens county Sept. 17th, by Rev. H. A. Bonnell. Hannah B. Thorne and Michael Dunham, all of Johnston, Queens county, N. B. PFART-PHILLIPS—At the residence of the bride's father, Sept. 17th, by Rev. L. J. Wason, William Stuart to Elisabeth J., daughter of Andrew Phillips, both of Cole's Island, Queens county, N. B.

in, New Brunswick, every cept Sunday) at \$3 a year.

ST. JOHN STAR.

ST. JOHN, N. B., SEPT. 20, 1902.

THE TELEGRAPH'S TACTICS.

an impression that there is dis-ion in the ranks of the local oposition. There is no serious objecti to the course of that paper; in fact it position in this constituency. But when the government convention is called to inate candidates our voluble neighbor will have troubles of its own. Should Mr. Mullin prove firm against the blandishments of the party lead-ers, there would still remain Ald. Mc-Goldrick, Mr. Doody and several others who may fairly consider that they have claims to recognition. The Telegraph will have quite a large contract to at tend to the threatened upheavals on its own side of the house, and to advance a few reasons why the government deserves any degree of public confidence or support. The opposition party is cheerfully settling down to work, to give the government ticket, whoever may be its members, as lively a campaign as has been witnessed hereabout for some time. The belligerent Telegraph will get all the opposition will get all the opposition it eeds, and a good deal more than it professes to expect. It may, for the sake of supposed effect in other parts of the province, continue to speak slightingly of the opposition in St. John, but the members of its own party are not by any means in a complacent mood. They recognize the strength of the opposition ticket, are aware of the defections from their own ranks, and know perfectly well that the strongest ticket they can put in the field will be none too strong for the coming strug-

THE BOYS.

Without in any way anticipating the erdict in the case now before the court, there is ample ground for the tatement that a more careful over sight of the boys of the city is greatly needed. The people have been astounded by the murder and the revelations since. How much there may be in th line of youthful depravity not yet revealed one hesitates to estimate. obvious that a closer scrutiny of the conduct of the boys of the city is necessary, and if parents will not accept the responsibility it is the duty of the general public to do so. The first step would seem to be a compulsory scho iaw. That would not be a guarantee against youthful depravity, but it would a step in the right direction. Then the boys must be kept from spending their evenings in idle or mischievous loitering on the street corners or in shady places If more policemen are needed to make an efficient patrol it is poor economy not to have them.

EDITOR HANKE'S VIEWS.

The Moncton Transcript appears to think the Tweedie-Pugsley combination is a "jaded, worn-out nag." In reply to the St. John Gazette the Transcript

says:—
The coalition organ in St. John says that it would be unwise to change the dividing lines now on the eve of the election, because it would resemble swapping horses in crossing the stream. But there is an obvious answer to that, and it is that if mounted on a jaded, worn-out, fatigued nag, which threatens to sink in the middle of the stream, and there is a good strong, fresh and willing horse swimning riderless beside, the man would be a fool who would remain on the fatigued horse, when he might jump on the back of the other.

The Transcript makes these further

The Transcript makes these further

observations:—

A newspaper which professes to speak for the local government in St. John city, and one of whose financial indorsers is said to be a member of the local administration, continues to taunt the Transcript with always having opposed the coalition principle theoretically, but invariably supporting the candidates of the coalition government. Such taunts are unlikely to conduce at the present time to the strength of the local government in this vicinity. observations:-

THE CHAPMAN FESTIVAL.

THE CHAPMAN FESTIVAL.

The Chapman musical festival, which is booked for the 29th and 30th inst. at Victoria Rink, promises to be the grandest event of its kind ever undertaken in these parts. There will be almost 400 people on the stage at one time. This will include seven star vocalists, the famous Chapman orchestra and a grand chorus of upwards of 300 voices from St. John, Fredericton, Woodstock and St. Stephen. Annung the stellar attractions will be kiess Isabelle Bouton, who created such a success when here with the Chapman concert some weeks ago. Another aritist is Edward P. Johnson, the tenor, a Canadian by birth, and who recently filled the leading tenor roles with The Bostonians. He is a dramatic i nor with a fine voice well placed, per ectly true and of excellent quality.

To bring their dress goods department more prominently before the pub-lic Morrell & Sutherland are sacrificing no Morrell & Sutherland are sacrificing profits, and in some cases more, for a few days in a number of lines of dress goods and costume materials. Sale commences Monday morning at eight o'clock. See their ad for particulars.

(Joan's Letter in Halifax Recorder.) What has become of our clever wo-nen? St. John has her women who have made their names in literature: on the stage; in the musical world.
With us, we never seem to rise above
the mediocre even when we go away
and seek wider fields. The fault, it

seems to those who have thought about it, lies in the trend of the population, or at any rate in the better class, which is wholly towards social prestige, to the extinction of any other line of thought. We are altogether too ultraconservative. If an intellectual standard is to be hoisted, it must have a broad basis to stand on, otherwise it will snap short off at the first breath of opposition. We have no literary club, no debating society, no breezy arena where intellect can meet on equal ground with equal rights. I don't dignify a society with the title "literary" which declines to recognize membership outside its particular clique. We call such caucas meetings, where little gods assemble to worship the idols—ego.

I may have been too sweeping in stating that all our women are mediocre in intellectual tastes. We have probably half a dozen, but society has no affinity to them; they are rather looked upon as allens, particularly if they have independent views or endeavor to lift the community out of the old rut. Such a vein must not be worked if it is showing too much of the pure ore, which would show up in too strong contrast the baser metals. So let it be covered up out of sight as quickly as possible. When Halifax girls go away to seek other fields, we hear less about them than almost any of the girls of any other of our provincial towns; true, they get along, are able to make a living, but we do not often hear of them rising above the commonplace—that of the ordinary woman, with just the average amount of ability. The cause of this remaining at par is doubtless due to repression in youth; the living in a community that gave us no incentive to ambition, a community where everybody did the same things and thought the same thoughts, and where if higher or independent thought showed itself, it was subbed—instanter.

When are we going to get out of this rut which seems almost as hopeless a condition as is the cause of the uplifting of the poor? When? Surely a time is coming when blood will circulate and we shal

POINTS ABOUT PEOPLE.

On a large building in Odessa the Princess Hele Zulukidse, the impover-ished scion of a noble Russian house, is earning her bread by working as a

Rear Admiral Walker, who is spoken of as the probable president of the Panama canal commission, bears a striking resemblance to Taffy in Du Maurier's "Trilby," save that his Dun-dreary whiskers are gray instead of blond.

The late Mrs. Georgina Burrell of 1
Melbury road, Kensington, England,
bequeathed annuities of \$150 each for
the maintenance of her horses, which,
if they prove useless to her legatee, are
to be shot and burled, but on no account to be sold or given away.

All the Franch, pulgrimager, which

All the French pilgrimages which were to have gone to Rome during the current year have been stopped, as the pope does not wish to compromise the Vatican with the French government by any declaration that he might be constrained to make regarding the expulsion of the Congregations.

OF PERSONAL INTEREST.

The Rev. J. de Soyres and Mr. Shewen returned yesterday from a visit to Riverside, Albert county.

T. F. Fotheringham is home from Toronto, where he had been for two weeks.

KING EDWARD'S GIFT.

TORONTO, Sept. 19.—The Telegram's London cable says: After the wedding ceremony yesterday at Craithie parish church, Aberdeenshire, of Capt. Harry F. Wyatt of the Queen's Own Rifles, Toronto, to Miss Henrietta Begg, daughter of John F. Begg of Lochnagar, King Edward called at Lochnagar, which is adjacent to Balmoral, to offer his warmest wishes for the bride's future. His Majesty had previously sent a letter of congratulation, accompanied by the gift of a magnificent brooch.

DROWNING ACCIDENT AT YAR-

DROWNING ACCIDENT AT YARMOUTH,

YARMOUTH, Sept. 19. — Bradford
White, 17 years old, was drowned at
Carleton on Wednesday. He with a
brother was rowing a boat lader with
wood across a lake when the boat upset. Both men struck out for shore,
but Bradford, although a good swimmer, failed and sank. The other man
reached shore safely, greatly exhausted.

FEARS LONG DRAWN OUT.

Diggs—Rounder is quite iil.
Biggs—Indeed! His wife naturally
has grave fears about him, I suppose:
Diggs—Yes. In fact, I think her fears
extend beyond the grave,—Exchange.

SUNDAY SERVICES.

St. John's Church—Rev. J. de Soyres sctor. Services tomorrow at 8 (Hoty Communion), 11 and 7. Sunday shoots at 3. The rector will preach at

on Church S. John Baptist, Par adise Row, Church of England—Rev. P. Owen-Jones, priest in charge. Feast of S. Matthew, and 17th Sunday after Trinity; Holy Eucharist at 8 a. m.; high celebration and sermon at 11 a m.; festal evensong and sermon at 7 p. m. All sats free.

ardson, rector. Rev. G. R. E. Mac ardson, rector. Rev. G. R. E. Mac-Donald, curate. 17th Sunday after Trinity. Morning service and the cele-bration of the Holy Communion at 11 o'clock. Sunday school at 2.30. Even-ing service, when all seats are free, at a colock. The rector will preach at both services.

7 o'clock. The rector will preach at both services. Calvin Church, corner Wellington row and Carleton street—Services at 11 and 7. Sunday school at 2.30. Prayer meeting on Wednesday evening at 8. Rev. Mr. Ross, M. A., of Pictou, will occupy the pulpit. Strangers cordially invited.

occupy the polpit. Strangers cordially invited.

Centenary Methodist Church—Sunday services at 11 a. m. and 7 p. m. Rev. Howard Sprague. D. D., in the morning, and the pastor, Rev. G. M. Campbell, in the evening. Sunday school at 2.30 p. m.

Carmarthen street Methodist—Rev. C. W. Hamilton, pastor. Services on Sunday at 11 a. m. and 7 p. m. Rev. H. Penna will occupy the pulpit in the morning and Rev. R. G. Fulton of St. Martins in the evening. Sunday school at 2.30 p. m. Pastor's class Tuesday at 7.30 p. m. Epworth League Wednesday at 8 p. m. Prayer meeting Friday at 8 p. m. Seats free. Everybody welcome.

Partland Methodist Church—11 a. m.

welcome. Scats free. Everybody welcome. Portland Methodist Church—11 a. m., Dr. Wilson; 7 p. m., S. Howard, pastor; 2.15 p. m., Sunday school.
Zlon Methodist Church, junction of Wall street and Burpee avenue—Rev. Dr. Wilson, pastor. Rev. Samuel Howard, B. A., will preach at 11; Sabbath school at 2.30; pastor in the evening. Carleton Methodist Church—Rev. C. W. Hamilton at 11 a. m. and the pastor, Rev. Henry Penna, in the evening at 7 o'clock. Sunday school at 2.15 p. m. The usual services during the week.

Ing the week.

Germain street Baptist Church—
Preaching services at 11 a. m. and 7 p. m. Sunday school 2.30 p. m. Bible class 2.45 p. m. Rev. Dr. Black will be the preacher. Strangers welcome.

Brussels street Baptist Church—H.
F. Waring, pastor. Pfeaching service at 11 and 7. Sabbath school at 2.30.

Main street Baptist Church—The morning service, at 11 o'clock, will be conducted by Rev. G. W. Schurman, and the evening service, at 7, by Rev. B. H. Nobles. Sabbath school at 12.15.

Leinster street Baptist Church—Pastor, Christopher Burnett, will preach at the morning and evening service. Morning, The Abundant Life. Evening, Why John Wrote His Gospel. All young men over sixteen years of age who are interested in the organization of a "Baraca Bible class," are invited to meet in the church at 2.15 p. m. Entrance by Carmarthen street door.

Fairville Baptist Church—Rév. A. T. Dykeman, pastor. Preaching at 11 and 7 o'clock. Morning subject, Thoughts. Evening, A Fanny Crosby. Song service.

Victoria street Free Baptist Church—

11 a. m. and 7 p. m. Sunday school at 2.30.

A gospel service will be held at the King's Daughters' Guild Sunday at 4 p. m. Miss Massie, leader. All are cordially invited to attend.

Christian Science services Sunday at 11 a. m. and 7 p. m.; subject, Reality, Wedaesday at 8 p. m.; reading room open every week-day from 2.30 to 5 p. m. in Od ffello vs' building, corner Union street and Hazen avenue.

Congregational church, Union street—Rev. R. R. Morson, pastor. Services at 11 a. m. and 7 p. m. Sunday school at 12 o'clock. Prayer service Wednesday evening at 8 o'clock.

Coburg street Christian church—Preaching at 11 a. m. and 7 p. m. by the pastor, G. Nelson Stevenson. Sunday school at 2.30 p. m. Y. P. S. C. E. on Monday evening at 8 o'clock, Prayer and social meeting on Thursday evening at 8 o'clock, Douglas avenue Christian church—Preaching at 11 a. m. and 7 p. m. by the pastor, J. Chas, B. Appel, Sunday school at 9.30 o'clock. Regular prayer meeting on Wednesday at 8 o'clock p. m. Y. P. S. C. E. on Friday at 8 o'clock p. m.

m. Y. P. S. C. E. on Friday at 8 o'clock p. m.
W. C. T. U., west side—Under the auspices of the W. C. T. U. of St. John west, Rev. B. Franklin Rattray of Washington, D. C., will lecture on temperance in their hall, head of King street, Sunday evening, Sept. 21st, at 8 o'clock. Everybody cordially invited. The Y. M. C. A. Sunday Bible class will resume its sessions on Sunday evening next at 8.30 The meeting will be led by S. P. Wilson, the secretary. A temperance meeting will be held in Union hall, Main street, at 4 o'clock Sunday afternoon, to which the public are cordially invited.
Rothessy—The Rev. H. E. Dibblee, rector of Burton, Sunbury Co., will preach in St. Paul's church, Rothessay, on Sunday, the 21st inst., at 11 and 7 p. m.

Free Baptist church, Waterloo street.

p. m.
Free Baptist church, Waterloo street

C. T. Phillips, pastor. Services at
10 and 11 a. m. and 7 p. m.
St. Dayid's church, Sydney street
(Presbyterian)—Rev. Dr. J. A. Morison, pastor. Divine service at 11 a. m.
and 7 p. m., conducted by the pastor.
Sabbath school and Bible class at 2.30

Sabbath school and Bible class at 2.30 p. m.

The boys' meeting at the Y. M. C. A. Sunday morning will be addressed by H. B. Thompson, assistant marritime secretary, of New Glasgow, N. S. All boys are welcome.

Carleton Baptist Church—Preaching tomorrow at 11 a. m. by the pastor and 7 p. m. by Rev. G. W. Schurman. Special music by the choir.

The Unitarian church, Rev. W. L. Biers, minister. Sunday school at 11 a. m.; worship and sacrament at 7 p. m. All seats free and visitors are cordially invited.

Trinity Church-Rev. Canon Rich

week.
Fairville Methodist Church—Pastor,
Rev. W. J. Kirby. 9.30, men's class
meeting; 11, Rev. T. J. Deinstadt; Sunday school 2.30; 7 p. m., the pastor will
preach. Theme, What is it to be Converted? Other services as usual during the week.

rerted? Other services as usual during the week.

Germain street Baptist Church-

Vice.
Victoria street Free Baptist Church—
Pastor. Service a Victoria street Free Baptist Church— Rev. David Long, pastor. Service at 11 a. m. and 7 p. m. Sunday school at

FORETHOUGHT.

"Not much," said the pioneer. "We'll use it all on one side or the other. When man gets sawed in two, I don't want no to coroners' inquests over him."

A tiny little city boy on a visit to his grandmother in the country saw her plucking a hen. He looked into her face and said, "Do you take off their clothes every night, grandma?"

*

IN LINEN ROOM.

Upwards of 30,000 yards to sell at 5c., 6c., 7c. and 8½c. in plain colors. At 74c. and 9c., in fancy stripes and checks. Plain colors are pink, light blue, cardinal and white.

Do not fail to participate in this sale of low prices and lofty values. No samples given.

Special Sale of Children's Gostumes

50 Costumes in All.

Colors navy, cardinal and brown. All at special prices. For girls of 4 to 10 years. Prices from \$1.75 to \$2.60 each.

Sale commenced Tuesday at Centre Counter, Back Store, Ground Floor.

Brooklyn Eagle Endorses the Attitude Mr. and Mrs. Rockfeller.

(Brooklyn Eagle.)

(Brooklyn Eagle.)

Mr. Wm. Rockfeller does not propose keep all the good things of life, if he has just share of the money. He is going to a lew the youth of America to play on the distinct the ball fever rages most strongly its breast, even if the youth selects he for the purpose. He has watche that the ball fever rages most strongly lits breast, even if the youth selects he for the purpose. He has watche the select of the purpose. He has watche the select of the purpose of the select of the purpose. He has watche the select of the purpose of the third base: "No trespassing. Hase Ha Forbidden. Order of William Rockfeller. The superintendent of the place had put u no such sign. Mr. Rockefeller was absent so he could not have put it up. Mrs. Rocke feller said that the boys could go on an play as usual, and they did it. There is assigned that selected the selection of the selection of

sports that on week days are encouraged by the best.

Sunday ball playing is permitted by common consent in our city, because enforcement of the law has no effect on church attendance. If the boys cannot play in the fields and vacant lots they will play in the streets, where they will be in the way. They will not put on their best and march off to Straday school. And not only will they play in the streets, but they will nour play in roomier places, but they will nour will unpreasant sentiments against the people who interfere with them, and who, by that act will merely harm their own cause. The boys who play harm their own cause the proper surface, see they need most playing deverage musclese; they need most playing deverage musclese; they need most playing deverage muscles and encourages health. To restore the Puritan Sabbath in America is impossible.

THE WINTEN PORT BUSINESS.

THE WINTER PORT BUSINESS. THE WINTER PORT BUSINESS.

It is announced that the last Allan main line steamer, the Pretorian, will leave Montreal on November 15th. This means that the first departure from St. John will be on the 22nd by the Parisian. She will be followed by the Numidian. The other vessels have not yet been named.

Mainchester the general manager of the Mainchester three the general manager of the Mainchester three properties of the pr

DO NOT SLEEP ON YOUR LEFT SIDE.

It is said that one morning at breakfast a seneral related to the emperor the misformers of a brother officer who "because he ind not 15,000 francs must be dishonored." While the emperor questioned further particulars Engente flew to her room and returning with a package of banknotes, said. Take them, general, and never tell me his ame." And his name the generous emress never knew.

TRAVELLERS' GUIDE.

DEPARTURES Hampton (suburban)
Sussex. (suburban)
Hampton (suburban)
Hampton (suburban)
Hampton (suburban)
Hampton (suburban)
Halfax and Sydney.
By Canadian Pacific Railway-

7.30 a.m. ARRIVALS. By Inte Intercolonial Railway.

and Sydney (Saturda)

Halifax and Sydney (sonly).
Halifax.
Suburban Hampton Sussex.
Quebec and Montreal Moncton Mixed).
Hampton (Suburban).
Halifax and Pictou.
Halifax Hampton (Suburban). Canadian Pacific Railway Fredericton Express
Boston Express
Boston Express
Boston and Fredericton Express
Welstord Suburban arrivals.

N. B. Southern Railway. From St. Stephen
STEAMERS.
Steamers of the Eastern S. S. Co.
Line, Monday, Wednesday and

Line. Monday. Wednesday and Friday.

Steamers of the Dominion Atlantic.

Rallway, daily.

Steamer for Grand Manan, Tues. 9.00 am.

Steamer for Grand Manan, Tues. 9.00 am.

Carleton ferry boat makes twenty minute trips from 6 a. m. until 10 p. m., and half heur trips from 10 p. m. until 11.30 p. m.

RIVER SERVICE.

Steamers Leaving Indiantown.

Steamer Clifton leaves for Hampton at 3 p. m. every Monday, Wednesday and Saturday.

Leaves Hampton at 5.00 a. m.

Steamer Hampstead runs daily to Wickham, leaving lidsintown at 4 p. m. and Wickham on return at 6 a. m.

Steamer Springfield leaves at 12 noon for Springfield, Head of Belleisle Bay, on Tuesdays and Thursdays, and at 2 p. m. on Saturdays.

Steamers of the Star line leave at 9.00 a. m daily for Fredericton. Returning leave Fred ericton at 8.30 a. m.

The ferryboat E. Ross runs from Indian-

points. Returning will leave Gagetown at 4.00 a. m. ST. JOHN MAILS.

The Hours at Which They Close and Times When Incoming Mails are Due.

Mails now close at Post Office as follows:
For Boston, etc 5.45 a.m. 5.45 a.m. bligby, etc 6.00 a.m. Shore Line 6.00 a.m. Hallfax, etc. 6.50 a.m. Hallfax, etc. 6.50 a.m. Fairville, Randolph, Milford and Frederiction Montreal, Boston, etc. 5.10 p.m. Quebec etc. 5.10 p.m. Hallfax and Sydney 10.25 p.m. Mails due at Post Office. Halifax, Sydney, etc. Fredericton Montreal, Boston, etc. Quebec, etc. Digby, etc. Halifax, etc.

On Monday, at the home of George Gould, Railway avenue, Moncton. Charles Carlin, of St. John, was married to Miss Annie Gould. The ceremony was performed by the Rev. D. Hutchinson.

Wednesday evening, in the Methodist church at Buctouche, the marriage of Miss Bertie Curren to Dr. J. Douglas Thompson was celebrated. The happy couple left for Shediac, en route for P. E. Island and Nova Scotia, befor P. E. Island and Nova Scotia, before taking up their residence in Brookline, Mass.

Bicyclists and all athletes depend on BENTLEY'S Liniment to keep their joints limber and muscles in trim.