

## Physical Development

### And its Bearing on Health and Strength.

(By GEE.)

Now that the Newfoundland Amateur Athletic Association has made its bow, and is already a recognized factor in the community, I desire to give readers of *The Evening Telegram*, a series of articles on Physical Exercise and Culture and its bearing on Health and strength.

This is the pick of a collection made during the past twelve years, and should prove invaluable to the younger reader. As I am not desirous of encroaching on your space, here begins the first instalment:

#### GENERAL INFLUENCE OF EXERCISE.

**Heart and Blood.**—While the heart, the hollow muscle which propels the blood to all parts of the system, is constantly in operation during life, exercise can most powerfully modify its action. One can see for himself that exercise drives the blood more forcibly to the skin. The cheeks redden because more blood flows through the capillary network, seen in the figure. The heart of the body is increased, and the appetite improved, indicating that new blood constituents are required.

**Effect of Muscular Pressure.**—Contraction of the muscles, especially of the arms and legs exercise a powerful pressure on the blood vessels. In the arteries it promotes the flow of blood onward toward the capillaries. In the veins it has a powerful effect in promoting the return of the blood toward the heart. Moreover, limb movements alternately lengthen and shorten the extensible veins and thus operate as a kind of sucking force within.

**Special Results of Exercise.**—It is further possible to regulate by bodily movements the supply of blood to each particular organ. Influx of blood to a particular organ, when superabundant might prove dangerous, can be relieved by movements calculated to carry it to parts where no harm can come. This is particularly useful in certain forms of heart disease.

#### EFFECT OF EXERCISE ON THE LUNGS.

**Importance of Respiration.**—The importance of full and free respiration, by which an ample supply of fresh, pure air, rich in oxygen, is taken into the lungs, and much waste matter carried away, cannot be overestimated. Deep and calm is preferable to rapid and superficial breathing. The former indicates healthy lungs, the latter weakness.

**Exercise and Respiration.**—During and after exercise respiration is both frequent and deep. The increased quantity of air inhaled and exhaled carries to the lungs an increased supply of oxygen, and carries away carbonic acid and other waste products.

**Effect on the Chest.**—A wide, deep and mobile chest is a sign of strength in the respiratory organs. This chest is seen in soldiers, sailors, laborers, and in all who use gymnastics in a national manner. It contrasts most favorably with the narrow, hollow and almost motionless chest of those of sedentary habits, or who neglect exercise.

**Respiration and Blood Circulation.**—Respiration also contributes proper blood circulation. The lungs, by their great elasticity, react on the air inside of them and shrink from their surroundings. This diminishes the pressure of air in the lungs upon the arteries and great blood-vessels, and consequently produces a suction in the large veins toward the heart. This diminished pressure powerfully promotes the rapid emptying of the blood from the veins into the heart. In a word then, exercise develops the muscles of respiration, and by the energetic action of these strengthened muscles the entire circulation is invigorated and a more active interchange between the inhaled and exhaled air is brought about.

Next Article.—Influence of Exercise on Digestion.

### Rev. H. Gordon at St. Thomas's.

The preacher at St. Thomas's Church last evening was the Rev. Henry Gordon, who has lately arrived from the Labrador. The preacher gave a very interesting sermon, touching on the work amongst the Esquimaux, of Hamilton Inlet. The Rev. gentleman leaves for the North again in a few days to resume his good work. The people of St. Thomas's will hold a Garden Party on Wednesday, the proceeds of which will be devoted to the Labrador Public School, one of the great benefits which Mr. Gordon has procured for the people of Hamilton Inlet.

### Obituary.

PATRICK J. O'LEARY.

A wife from Glace Bay on Saturday, August 27 to Mr. John O'Leary of Torbay Road, conveyed the sad intelligence of the death of his brother, Patrick J. O'Leary at the age of 54. The late Mr. O'Leary left Glace Bay many years ago and resided in Little Bay when the mines were in full swing at that place. He conducted a very successful tinmith store there for many years, and was deservedly popular with both the business people and miners. He filled the responsible position of Deputy Sheriff there for many years, and his tact and ability while in that position brought the regard of his superiors, as well as the good will of his neighbors. As a citizen of Little Bay he was held in the highest esteem. When the work ceased there and he decided to move to Glace Bay, it was to the regret of many warm friends and admirers he made during his residence there. He resided at Glace Bay for about eight years, where his sterling qualities won him a high place. He leaves surviving him his aged mother, now residing in Boston, a wife and one daughter in Glace Bay, a sister and two brothers in Boston, and a brother Mr. John O'Leary, residing on Torbay Road, St. John's. The Telegram joins with his many friends in the prayer that his soul may rest in peace.—W.J.C.

Let us put a smile on your countenance. Try a bottle of Brick's Tasteless at Stafford's Drug Store. Price \$1.00; postage 20c. extra.—apr26.11

### The Week's Calendar.

AUGUST—8th Month—31 Days.

- 29.—MONDAY. Beheading of St. John the Baptist. Villiers-Cotterets 1914. Noyon 1918.
- 30.—TUESDAY. Battle of Plevna, 1877. Somme 1918.
- 31.—WEDNESDAY. John Bunyan died, 1688. Relief of Kandahar, 1880. New Zealanders captured German Samoa, 1914.
- SEPTEMBER—9th Month—30 Days.
- 1.—THURSDAY. St. Giles, Battle of Sedan, 1870. Germans in general retreat 1918.
- 2.—FRIDAY. New Moon. Battle of Omdurman, 1898. Drocourt-Queant, 1918.
- 3.—Saturday. Dunbar, 1650. Oliver Cromwell died, 1658. Germans evacuated Lens, 1918.
- 4.—SUNDAY. 16th after Trinity. French Republic declared 1870.

### A Mormon Leader.

In 1860 an armed expedition was sent by the United States against Brigham Young and his followers, never dreaming that the Mormons would take the offensive. They waited until the foremost team reached a convenient spot for ambushing, and then attacked the troops at dead of night, inflicting a severe defeat on them. Commander Johnson, realizing the huge task of reaching Salt Lake City, went into winter quarters, and this gave Young the opportunity of preparing to resist the Federals to the last gasp. In the spring the advance guard of the Federals marched through Emigration Canon, and saw the city of the Saints lying at their feet, beautiful and bathed in sunshine. The Mormons threatened to blow up their city if he advanced, and negotiations were opened up with Young, with the result that the Mormons agreed to recognize the authority of the United States Government. But the Governors who were sent to rule at Salt Lake City were mere puppets in the hands of Young and woe befell any who happened to offend him. Some were assassinated, none knew why or by whom. One governor tried to escape, but was captured, and horribly mutilated. Of course, such horrors as these could not have been perpetrated with impunity if the Federal Government had not been engaged in a life-and-death struggle with the Southern States. It is probable that Young would eventually have been put on his trial when peace was restored, but in the summer of 1877 cholera invaded the valley, and the Mormon leader was one of its first victims. He died on August 29, 1877, in his house at Salt Lake City, leaving a fortune of \$240,000 to be divided between his nineteen wives and fifty-six children.

BISHOP'S have received by express a charming lot of Ladies' Silk Dresses, Serge and Plaid Skirts, Jersey Dresses and Overalls at prices away down. BE ON TIME FOR A CHOICE.

### Personal.

Mr. M. L. Parrell left by train this morning for Heart's Delight, from whence he is proceeding to the cement areas recently acquired by the syndicate of which he is a member, for the purpose of opening up the valuable property.

Mr. Wilson Vardy, Harbormaster, Port aux Basques, accompanied by Mrs. Vardy, came to town from Charnel by S.S. Portia on Saturday. Mr. Vardy will probably undergo medical treatment for an internal malady from which he is a great sufferer.

Rev. Fr. McGuire is now in town, having returned by Saturday's express from Canada.

The Rev. A. E. Legge, recently Rector of Portugal Cove Parish, has been appointed to and already taken charge of the Mission at Marblerton and Bishop's Crossing, in the Diocese of Quebec, in succession to Rural Dean Love, removed to the Diocese of Montreal.

Rev. H. P. Cowperthwaite, M.A. D. D., having spent the winter in St. John's, Nfld., came to Sydney in the spring, and while there had a serious attack of grippe. The venerable Doctor, now fairly recovered, is in Torbay to remain some months at the home of his sister, Mrs. S. F. Archibald. Dr. Cowperthwaite entered the ministry in 1861 and in his long tenure served on many of the most important circuits in the several conferences.—The Wesleyan.

### Successful Garden Party

The Garden Party held yesterday at Torbay was a great success in every way. A large number of visitors from town were present and they greatly enjoyed the sports and other amusements provided for their entertainment. Excellent teas were served by the ladies of the parish during the evening.

Nothing looks nicer for autumn wear than a costume of CORD VELVET, either in NAVY, SLATE or BROWN. BOWRING'S have reduced their price from \$3.20 to \$2.40 yard. Get yours NOW as they are going rapidly. VALUE UNEQUALLED. aug29.31.eod

### From Cape Race.

Special to Evening Telegram. CAPE RACE, Today. Wind W.N.W., light, weather hazy; the steamers Baron and Rossan Elba and Rosalind passed West Saturday afternoon; a number of schrs. were sighted off Cape yesterday bound inward; Bar. 29.95; Ther. 62.

You can secure an up-to-date Ladies' Jersey Cloth Dress at BISHOP'S for Eleven Dollars. Your opportunity is now. Only twelve in this lot. CALL EARLY.

Minard's Liniment Relieves Neuralgia

### Fashion Plates.

A COMFORTABLE UNDER GARMENT.



Pattern 3681 is shown in this model. It is cut in 6 Sizes: 4, 6, 8, 10, 12 and 14 years. A 10 year size will require 2 1/2 yards of 36 inch material. Long cloth, cambric, muslin, lawn, crepe, and outing flannel could be used for this design. A pattern of this illustration mailed to any address on receipt of 15c. in silver or stamps.

A COMFORTABLE PLAY GARMENT.



Pattern 3682 is here illustrated. It is cut in 4 Sizes: 2, 3, 4 and 5 years. A 4 year size will require 3/4 yards of 36 inch material. Gingham, seersucker, percale, drill, pongee, repp, chambray, could be used for this design. A pattern of this illustration mailed to any address on receipt of 15c. in silver or stamps.

No. ....  
Name of .....  
Address in full: .....  
Size .....  
.....

NOTE.—Owing to the continual advance in price of paper, wages, etc., we are compelled to advance the price of patterns to 15c. each.

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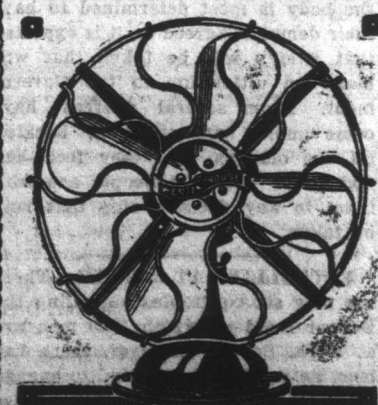
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