LE GYMNASTS.

by Which Women May ne Muscular

ons for the Gulda of the Fair Sex Who estrous of Developing Their Muscles

stics embrace the use of bar-bells, Indian clubs, s and exercises without atever in the hands ep breathing movements, ching and equilibrium exwhich have in a great n out of the Delsart e, says the Ladies' Home or the general term, light

aried. Hardly anyone is gymnastics. Gentle mas-t the muscles and send the althy circulation. Then ould help herself. One of s of light gymnastics is and convalescent can pear to be trifling efforts If too feeble to be pracmake but little exerti known as deep breathin Lie flat upon nd deep breaths as possi-le the mouth is closed the arms up in front and es. Rest for ten minutes. same inhalation and ex ir, the latter being pure fter awhile attemp up. These exercises can en by the sick one every mes, and the whole muswill be improved, just as vifying tonic had been ter one than any charged some like stimulant.

to the use of light apdumb-bells is a sl istake is too often made too muscular, and using at a weight. Attempt your strength at the better at first to go and regular in these ex egularity in anything— nditures, diet—brings its e reward. Exercise must

each in weight. the heels together, body l up. Place the bells on and push up that in the a count of eight or twelves en both together at the

l out in front eight times. fterward, then both. ll in the right hand out to the right, the left the der the armpits. Curl rnately and at the same

n the shoulders roll out as

nt above described. lls quickly over the head right leg; then the left

t-handed bell extended at right angles with the t as if it were an anvil with the bell in the left ammer. Do this in the to the left and in front, that acts in lieu of anvil d left knees. t simple movem

sinm will give you But just after the morna cool room, before the will end in the body and bringing a cheeks. Beauty is not it can be made. Not with light gymnastic exer prove to your own satislight step, a bright eye, a red skin, without the rouge or powder, makes beautiful, as well as thy and wise."

his last assertion, that a row wiser, yes, actually from regular gymnastic stablished truth. practical result of both

y gymnastics is the fact grows in proportion to The muscles need a will, one, to control them-exact time and to music these exercises when ses of the gymi on the brain, and it is as the resulting physical G. Anderson, the specialwomen who by reason of will power cannot compel aid them in works they are greatly benefited by stic exercises; and that who are sensible enough nethods that make men the healthier sex, who exiown as the mothers of ren, and, above all, women aid in the realization of the being, whether mentally, hysically, are able to be all uld be by gymnastic ex-

ant source of complaint women are not graceful. the refuge for the awkbalanced-muscled young or But much more valuable sium in its education of the

fancy step movements are ce and ease of self retoo, dexterity is a quality tic, slow-by-nature girl needs to get on in this busy, world, where she who ickest and thinks the fasther mind clear and steady has in hand, puts to rout that ancient fable of the toise, in reaching the goal her slower and more delibFrom THE DAILY COLONIST, July 16. LOCAL AND PROVINCIAL

A Large Party. The largest Raymond party of the season is expected on Sunday next, to go North by the Queen. The tourists number about one hundred and fifty, and come west by the C.P.R. After visiting Northern British Columbia and Alaska, they return home by

Committed to Earth. A particularly sad funeral service was that if the late Mrs. Copeland, which Rev. Dr. Reid conducted at the Reformed Episcopal church, yesterday. The interment took place at Ross Bay, the pall-bearers being J. Flewin, T. Lawson, T. McManus, S. Latham, L. Hafer and J. Hellier.

the aiales for 130 more. The arrangements for the choir will be very much like those in the Pandora avenue church. A parlor and vestry are provided at the end on the ground level, the old church serving the purposes of a Sunday school and lecture room. The edifice is estimated to cost something like \$15,000, particular attention being paid to lighting, ventilation and facilities for egress.

WHI Push the Case.

Vesterday's police court, over which

Will Pash the Case.

Yesterday's police court, over which Messrs. Shakespeare and McMitching presided, lasted less than ten minutes. The receipts were five dollars, contributed by one unhappy drunk. On the application of the prosecution, represented by Charles McDonald, president of the Union, the case of E. P. Porter, charged with embezzlement, was laid over until Monday. Porter was the financial secretary of the recently incorporated Longshoremen's Union. He is alleged to have collected initiation fees and dues to the amount of about \$200, appropriating the same to his own use. President McDonald states that Porter admitted the crime, and plead for a chance to earn the money and make up the shortage. The officers of the Union do not intend, however, to let the case drop. They have retained Mr. F. G. Walker, and will press the case to the extreme limit of the law.

The Foresters.

Mr. Oliver Cruse, of Seattle, D.S.C.B., I.O.F., for the Pacific Coast is at present in Victoria in the interests of that organization. Of late the Order has made great progress on the Pacific coast, there being four lodges at Seattle, several at Tacoma, one at Port Townsend, and one each in Victoria. Nanzimo, Vancouver and New Westminster. There is also on this coast one Royal encampment of Foresters, which is the uniform degree, whose membership alone is, between 200 and 300. The well known Dr. Oronihyatekha is the supreme chief ranger. The Independent order is a comparatively new branch of foresters—the Ancient Order being the one best known. Nevertheles, it had enrolled on its lists on the first May last over 30,000 members, and had a surplus of more than \$300,000. During the last five years 50 percent have been annually added to the roll of members and to the funds. There is every probability that the result of Mr. Cruse's visit will be the establishment of an encampment in Victoria.

The first of a final first search of the control of

Exercer of a Sweegatine Steep.
The sicop Flore, which, under the name of "O'Cora." was asseed by for sunginging Chinese into Scattle, is a Retish bottom. When she was seliced in Pedral Ray a few works ago by Collective Milles her course was belief in Pedral Ray a few works ago by Collective Milles her course was bladed in Pedral Ray a few works ago by Collective Milles her course was bladed in the course of the City of Milles and the College of the City of Kingston, from the State. As the vessel was closed by reshold by United States caused on the City of Kingston, from the State. As the vessel was closed by subshed by Distinct Configuration of the part was a construction of the works and the configuration of the City of Kingston, from the Sound, and will spend a complex the two contracts of the City of Kingston, from the Sound, and will spend a complex the two contracts of the City of Kingston, from the Sound, and will spend a complex the two contracts of the City of Kingston, from the Sound, and will spend a complex the two contracts of the City of Kingston, from the Sound, and will spend a complex the two contracts of the City of Kingston, from the Sound, and will spend a complex the two contracts of the City of Kingston, from the Sound, and will spend a complex the two contracts of the City of Kingston, from the Sound, and will spend a complex the two contracts of the City of Kingston, from the Sound, and will spend a complex the two contracts of the same, and has been desired to the company has been formed in the compan

GROWING AND PROSPERING.

Gratifying Condition of the A.O.U.W in Oregon, Washington and British Columbia.

The Supreme Grand Master Introduced to the Grand Lodge—Election of Officers To-day.

With a dozen or more places to choose from, the Grand Lodge A. O. U. W. of Oregon and Washington picked upon Victoria as the most desirable city in which to hold the annual session, now in progress. The honor is an important one, and Victoria's citizens, whether Workmen or not,

THE TEACHERS' MEETING. Proceedings at Toronto-Next Convention Seattle, Perhaps.

of education resumed its session, this morning, with a large attendance, despite the ing, with a large attendance, despite the wet weather. About 3,000 teachers arrived this morning, to attend the annual convention of the National Educational Association. The National Educational Association of the United States was formally convened, this afternoon, in the presence of about 6,000 people.

In his address of welcome, Principal Grant expressed the wish that the Americans and Canadians were able to trade more freely together.

WASHINGTON, July 14.—Antonio Veras, one of the Chilian insurgent representa-tives, now here, has a very rabid communi-Evening Star's Santiago correspondent. It says in part: "The article in the Star, in defence of Balmaceda, skilfully conceals real facts and adroitly emphasizes every possible point in Balmaceda's behalf with the avident intention of maleading the contact intention of maleading the public mind. There are indications that the letters have been doctored in this country. When the correspondent discollates the crime of Balmaceds for shooting in the public square of a group of spldiers as deserters, she is careful not to mention what was so notoriously true, that these unfortunate men had been dragged from their homes and firesides and forced, against their will, to bear arms in aid of the tyrant. Carried by brute force to the ships, they were there penned up like cattle in the bear their will, to bear arms in aid of the tyrant. Carried by brute force to the ships, they were there penned up like cattle in the bear their will, to bear arms in aid of the tyrant able enough to serve the dictator's am bitious ends. Inspired by the loftiest sentiment of patriolism, they maturally embraced the first opportunity to scape.

"They were captured and appealed to the courts A decision was rendered, and by decree of the highest tribunal in Chill it was declared that these men were under no do hilgation to serve in the army. Discentially shot down, absolutely murdered in the public square. This is the deed which the writer of the letter endeavors to justify and excuse. In willfull mendacity she avoid the writer of the letter endeavors to justify and excuse. In willfull mendacity she avoid the writer of the letter endeavors to justify and excuse. In willfull mendacity she avoid the writer of the letter endeavors to justify and excuse. In willfull mendacity she avoid the writer of the letter endeavors to justify and excuse. In willfull mendacity she avoid the writer of the letter endeavors to justify and excuse. In willfull mendacity she avoid the writer of the letter endeavors to justify and excuse. In willfull mendacity she avoid the writer of the letter endeavors to justify and excuse. In willfull mendacity she avoid the crity as curpes to be humanity. The foat will be writer of the letter to the force of the proposed of the proposed in the country and the proposed in the

carful."

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THE CITY COUNCIL

Victoria Asked to Subsidize a Bailroad With One Million in A m Cash.

Seattle, Perhaps.

Tokenre, July 14.—The national council of education resumed its session, this morning, with a large attendance, despite the Routine Business.

The City Council met last evening, hi Worship Mayor Grant in the chair, and Aldermen Renouf, Holland, Hunter, Munn, McKillican, Coughlan, Smith, Robertson, and Richards present. City Clerk Dowler was present for the

first time in several weeks, having been confined to his home by illness. The min-utes of the last meeting were read and ap-

Depaty Attorney General Barton, in reply to the request from the Council, asking that Mr. Belyes be made a justice of the peace, informed the Council that the Government had not been informed that the Hon. A. N. Richards was not still police magistrate, and that his appointment as such, in May last, had been duly confirmed by the Lieut. Governor and Council, and he was appointed a justice of the peace in order to enable him to act in that capacity. Until the Government was informed that there was a vacancy in the office, it declined to make Mr. Belyes a J. P.

ALD. HUNTER said that it was the right of the Council to appoint whom it pleased as police magistrate, and that, as Mr. Richards had ceased to act, the Council had selected Mr. Belyes for that position. He, therefore, moved that the Government be informed of that fact, and the request renewed that he be appointed a justice of the peace, so as to enable him to perform the duties of the position. The motion was seconded by Ald. Renoul.

ALD. RICHARDS called for the letter of Mr. Boscowitz sent in to the Council protesting against Mr. Belyea a appointment and making certain charges against that gentleman. Ald Richards was not present at the Council meeting when the letter was received and filed, and he thought that a copy of the letter should be sent to Mr. Belyea, and an opportunity given to him to answer it. He therefore moved, as an amendment to Ald. Hunter's motion, that the matter be deferred for one week, and that a copy of the letter be sent to Mr. Belyea.

The amendment was voted down. Aldermen Richards, Robertson, Smith and the Mayor voted for the amendment, and Aldermen Renoul, Holland, Hunter, Munn, Mc. Killican and Coughlan opposed it. Ald. Hunter's motion was carried.

The Amendment was coted down. Aldermen Richards, Robertson, Smith and the Mayor voted for the amendment, and Aldermen Renoul, Holland, Hunter, Munn, Mc. Killican and Coughlan opposed it. Ald. Hunter's motion was carried.

The Hon. Provincial Secretary acknowledged receipt of the r

gravel pit sale by-law. Received and filed.

From Messra Stewart Yates, Sargison and others on the Gorge road—asking that connections be made with the city mains so as to enable them to obtain city water for their premises. Referred to Water Works committee.

It Breathes a Sadness Induced by the Wrongs His Race Has Borne.

No Other Music Can Match It in Melaschmittee.

THE PROPOSED CREMATORY.

the mittee with power to act.

From the Sewerage Commissioners and sking for \$25,000 for the sewerage systems asking for \$25,000 for the sewerage systems are stopped as the sewerage systems and the sewerage asking the \$25,000 for the sewerage systems and the sewerage asking the \$25,000 for the sewerage systems and the sewerage asking the \$25,000 for the sewerage systems and the sewerage asking the \$25,000 for the sewerage systems and the sewerage asking the \$25,000 for the sewerage systems and the sewerage asking the sew

APPEALS COURT. Bresent, Justices Crease, McCreight, Walkem and Drake.

Seely vs. Moorse—The case was srgued at length by Messrs. Bodwell and Wison for the respective parties. By consent a decree was made that defendant is entitled to two lots on James Bay, free of encumbrance, and that a direct conveyance should be made of the balance included in the Declaration of Trust by defendant to plaintiff; with an inquiry if the parties differ as to the rents accruing after the declaration of trust. No costs to either party.—Eberta and Taylor, solicitors for plaintiff, Mr. Bodwell, counsel; Drake, Jackson and Helmcken for the defendant, with Mr. Wilson as counsel.

Paul — At Esquimalt, on the 12th inst., the wife of Edward B. Paul of a son. Briggs On the 11th inst., the wife of A. J Briggs of a daughter.

RISTIE-FORLONG—At Henry's Presbyterian church, Lachute, on the 24th instant, by Rev. John Mackie, assisted by Rev. Dr. Warden, Edmund Christie, M.D., of Chicago, fifth son of Dr. Thomas Christie, M.P., to Miss Isabella Gordon Forlong, youngest daughter of Rev. W. Forlong of Lachute, and niece of Major-General James Forlong, R.R.A.S., etc., of the Indian army, Edinburgh.

OPELAND—In this city, on the 12th instant, Rose, the bell-ved wife of Wm. Copeland, a native of Plumstead, Kent, England, aged 32 years. 32 years.

RASER—In this city, on the 9th inst., of nacumonia, Rev. Donald Fraser, of the First Presbyterian Church, a native of Glengary, Ontario, aged 45 years.

LOKWAY—In this city, on the 10th instant, of consumption, Blanche Mary, the beloved wife of Arthur F. Hookway, a native of Farringdon, Berkshire, England, aged 31. Farringdon, Herkhnire, England, years.

Hendvkatv—In this city, on the 12th inst., of heart disease, Auguste Herbuveau, a native of France, aged 60 years.

Marvin, a native of Syracuse, N. Y., in the 67th year of his age.

BARTIEV—Died in Victoria, on July 14th, 1891, Charles Bartley, inte of London, Ont., a native of Caradoc Township, Middlesex County, Ont., aged of years.

THE NEGRO'S SONG.

choly Sweetness, and It Was the Only.
Thing That Slavery Left Him—Reasons for Its Excellence.

THE PROPOSED GENERATORY.

John Dongherty and Peter Hassen, city sevengers, saking the Council's advice sate to the disposal of filth, as all of the usual places had been closed to the sem.

ALD HOLLAID, of the Sanitary committees, said that the committee had selected to the said the committee in purchase.

The communication of the savengers are restricted by the committee of the Council would authorize its purchase.

The communication of the savengers are restricted by the council would authorize its purchase.

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ALD COURTER THE STORES OF STORES OF

the idea of negro minstrelsy, which has since become so distorted that not one person in fifty north of Mason and Dirou's line has any idea of real plantation music or of the real depth and richness of those unique and matchless melodies. Since the war the negro has been free, but he has not forgotten his music, and he, and his descendants, even those in whose veins lingers hardly'a drop of negro blood, still sing the songs that once delighted "young massa" and rose sadly around "old massa's" grave. But even among the negroes there was a great variety of music, tinged by locality, of course, and often by the ancestral tribe of the negro. Thus, in New Orleans the blacks had a list of songs much different from the music of Virgina or the Carolinas. The songs of Carolina dwelt upon cotton lands and rice fields; those of Louisiana less upon material surroundings and more upon sentiment and love.

Much French blood ran in the veins of these people and their music showed the combination of races. Even now, in Louisiana, the creole women—women of whom a southerner once said that they were the most beautiful in the world—their songs and fullsbies in both French

were the most beautiful in the world—
the quadroons and octoroons, chant
their songs and fullables in both French
and English, and the mellow accent of
the negro tongue yet clings to every
melody, in either language.

The south may change as the years
pass by; the negro may be blended
with the white, and lost from view in
the millions who will yet people that
lovely southern land, but the songs of
slavery, the wondrons expressions of
all the music of a hapless race, will live
forever and be sung in future agas by
men and women who can claim no trace
of African lineage, and who will remember nothing of the sable composers,
save the song.