

**Action 69.** This consists in jumping along the pole, the hands over on one side.

**Action 70.** The same as the preceding, only hands under.

**Action 71.** Hands on each side jumping along the pole. In these last three actions it is advisable to draw up the body a little before making the spring or jump forward.

**Action 72.** In this the person forms the letter L, by hanging by both hands on the pole, and then endeavouring to bring the legs into a horizontal position.

**Action 73.** In this action bring the instep up so as to touch the pole (fig. 38).



Fig. 38.

**Action 74.** The hands are fixed on each side of the pole, and the gymnast then throws each leg over alternately.



Fig. 39.

**Action 75.** At first the same as action 73; then keep the instep firm against the pole, and bring the body between the arms as in the illustration (fig. 39).



Fig. 40.

**Action 76.** The hands are fixed on each side of the pole, and the legs are to be brought up on the outside of each arm (fig. 40).



Fig. 41.

**Action 77.** In this action both hands being fixed on one side, the legs are brought between the arms (fig. 41).



Fig. 42 and 43.

**Action 78.** In this the gymnast swings, and jumps up as he swings back, and comes down on the pole again (figs. 42 and 43).



Fig. 44.

**Action 79.** This action consists in getting up on the pole. First throw the right leg over the pole, then, with a spring bring up the right elbow; lastly, by another spring, bring up both arms straight, so as to sit across the pole (fig. 44).



Fig. 45.

**Action 80.** Draw up the body as high as possible, and with a spring, elevate both elbows, at once if possible, or one at a time; then rise gradually; the whole of the body being on one side of the pole; change the position of the hands, and come gradually over the pole till the feet touch the ground (fig. 45).

**Action 81.** In this action the hands are fixed one on each side; then jump and change hands; first, with knees bent; second, with the knees straight.



Fig. 46.

**Action 82.** Rise up as high as possible, and throw the arms over the pole, holding firmly by them (fig. 46).



Fig. 47.

**Action 83.** Rise up as before, and try to keep up the body by the right arm only; and then with the left arm (fig. 47).



Fig. 48.

**Action 84.** In this action the hands being either over or under the pole, raise the legs up in front, and go quite over the pole (fig. 48).



Fig. 49.

**Action 85.** In this action one leg is to be fixed over the pole, the knee being bent; and then swing completely round (fig. 49).



Fig. 50.

**Action 86.** Sit across the pole, and swing round, holding tight, the hands being fixed on each side of the pole (fig. 50).

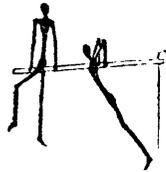


Fig. 51.

**Action 87.** Get upon the pole as in a previous action, then bring both legs over the pole, so as to sit thereon; then gradually lower the body so as to swing with arms behind (fig. 51).



Fig. 52.

**Action 88.** Get up and over, as in the last action; then catch the pole with bent arms separately; then catch hold of the trousers, and swing backward completely round (fig. 52).

**Action 89.** Hold the pole by the right arm, then grasp the wrist with the left hand, and try to draw yourself up; then perform the same action with the left arm.



Fig. 53.

**Action 90.** In this action the letter L is formed by hanging by one arm, see action 72 (fig. 53).

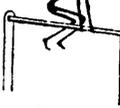


Fig. 54.

**Action 91.** Kneel upon the pole, hands on each side, and swing off the pole (fig. 54).

**Action 92.** Hanging by both hands on the same side at one end of the pole, and turning from one side of the pole to the other, till you have reached the other end.



Fig. 55.

**Action 93.** In this action the gymnast commences as in action 77, then passes the legs completely through, and hangs them down; he then draws them gradually back between the arms (fig. 55). This action can only be performed by the experienced gymnast without danger: with him there is none.



Fig. 56.

**Action 94.** Hang on the end of the pole, hands on each side, face towards the post, swing backwards, and catch the pole with the toes, and hang down, as in the annexed figure (fig. 56).



Fig. 57.

**Action 95.** First throw the right leg over the pole, then with a spring bring up the right elbow in this position; throw the left arm over the pole, and hang in that position (fig. 57).

(TO BE CONTINUED.)

### THE TRUE PRINCIPLE OF COMMERCE.

In his late speech at Buffalo, Kossuth thus elucidates his idea of commerce as it should be:—

“Commerce, as I understand it, is that noble spirit of enterprise with its fingers applied to the pulsation of present conjunctures, but with its eyes steadily fixed upon the future—the heart warmed by noble sentiments of patriotism and philanthropy, connecting individual profit with the development of natural resources and of national welfare, spreading over the masses of the people like the dew of heaven upon the earth, and breaking a road of national activity, upon which the flowers of prosperity will grow from generation to generation—such a commercial spirit is a rich source of national happiness—the guaranty of a country's future, the pillar of its power, the vehicle of civilization, and the locomotive of principles.”

The best remedy for eyes weakened by night use, is a fine stream of cold water frequently applied to them.—*London Lancet.*