## OLD COUNTRY NOTES.

## (By our own correspondent.)

Emnnuidif, 28th Junc, 1886
Another instance of that injudicions trainimis to which I referred a weok or two ngo, has only just recently occurred at Dublin, which should be a warning to thuse not physically strong, to aroid violent exartion. A grocer's assistant who had evidently believed he conld use with impanity the same sets of muscles with the same vigour as when he was a young man in the country, went into traning for the procersi assisfants, sports held annually in Dublin. Mis forte secms to have been throwing the hammer and weight putling. These are feats which require great inuacular strength. J'ine young man over exerted himself, rad hercby occasioned some intermal injury from which he died. 'Those who are employed at sedentry: ocenpations : thould toke athletic exercise in moderation and by griadand stages. Here it is that the benctit comes in-

The Catedonian sports held at the Balls Bridge ground on Saturday before Whit Sumday and on Whit Sunday have proved a great success. The items were for the most part professional, but several amateur events, including fool and eyche moes were also inchuded on a sonewhat lengthy progmane. The valuable money prizes uttered induced several of the leading Seoteh profes siomal athletes to cross the Chamel. Great interest seemb to have been taken in the bag-pipe playing, the national instrument of the Gat, making a decided impression on the peophe of Dublin. The pipephayers were unt in foree and so so were the Highhand Dancers, while the men of musele from Aherdecnshite nud Edinburgh were also mong the prize takers. Difterent inceas prevail as to the musical quilities of the hagpipe. There is one point however on which there cin be ao difference of opinion to the Scotmmin, the skirl of the pipes, especially when far from home is the sweetest music. It reminds him of that "hand of the momitain and flowl" with its heather clad hills, find locked buys, and inland lakes, - his mative land, which he loves so well and to which his heart wams be he an Ireland or in the wilds of Camata

With the advent of good cricketing weather the Anstralians are begimniug to phay in something like the form expected of men enjoying
such a high reputation. 'rhe hast mateh played was against the gentlemen of Wheland, and Unre full days splendid rie het was the result, the mateh fimily endor in a draw. The Engrish team was at very far one while the Australians wanted Spoftorth who a week or more ago hurt his hand which has necessitated his retirement for s. while. Tho Gentlemen batted first and put on the larges core of 471, of which Mr. W. G. Grane had 148, the higheat tetal yet made against the risitors. It was truly a grami display of butting on the part of the champion, and worthy of his best days.
'The Australinns, large as their opponents' total was, orel-stepped it by 18 rubs, scoring 488 , of which Jones lome '1ah. At the cend of the second day's play the colonial total swod at 282 for thres wickets. fones (not out) 146 . with the sonre at 302 Jones wioket fell and he retired amidnt great apphase. Bruce, Romor, Trumble, Bhockham, Evins mad Garrett, all showed with advantage in thas innings. The Gentemen did bally ia theit second innings but were handicapped through Lacas and Roller heing on the accident list. They had lost eight wickets for 10; runs when the mateh eoncluded us Lucas and Roller ebuld not go in. The visitors thus wanted only 89 runs to get to win, so that the daw is vary much in their favor The Australians are engaged playing the phayers during the first three days of this week.

The Scotch Cycling mect tuok place in Edinburgh on Saturday June 21 st, and was taken part in by tif clubs, represented ly 472 riders, fase togedier with 40 riders unattached, give: gitud total of 512 . St. Andrew's square as in firmer gears was the phace of rendearons, then e the pro ession wended its way to Powderhall tack where some splendid racing was witnessed and two re ords-broken, and that too by new men. 'lhe ex-champion D. W. Latar (bast of Scothand C. C.), did not compete, nor did ' T ', Lamb, loth ine said to have fimily retired from the racing tack. J. G. Bow, the present mile champion. and J. S. Yaterson; Edinburgh University C. C., an old Loretio hoy and a brother of Mr. A. $\therefore$ Paterson of that ilk, who was a welt known athlete in his day, were the serateh men and right gallanty they acquitter themselves. In the tirst trial of the mile biegele race Bow broke the semath recond doing 2 min. $49 \%$ sees. the old record 2 min aot se:s. It hat i short life however as J. G. Paterson in the fimal heat heat low's
time running from scratch in 2 min .492 , Paterson also won the three miles handicap in 8 min. 40 secs. who is also a scotch record the previons time being 9 min. 2 secs. done by D. W. Laing a year ago.

The cycling championships of Scotland, to which I. referred last week, were decided at the Hampden Park track, Glangow, on Tuesday evening June loth. The racing in the one mile bicycle championship was most disappointing as the men played a waiting game, both in the heats and in the final, to the last lap, when they spurted home. It is only necessary to say that in one of the beats 3 min. 28 secs. was the time for the race, to show the pace. D. W Laing the ex-champion did not defend his title, and as $J$. M. How, Edinburgh University, was the best in spurting, he gained the championship, defeating in the final 'I. Lamb, Edinburgh Northern C. C. In the five miles tricycle championship, the racing was béter, J. M. Inglis, last of Scotland C. C. retaining the honour he so gallantly won a year ago. The 50 miles road championship was run on the following Friday, and was won by J. H. Anderson, Edinburgh University C. C., a compantively unknown man who did the distance in 3 hours 19 min . 30 sees, which shows that the ronds were in very fair order. T. Lamb, the favorite, fell at the turning point 25 miles along the Edinburgh and Glasgow road.

The Lawn Tennis championships of Scotland have been in progress all last week, together with some handicap competitions, and were concluded on Monday Junc 21 st. The final tie of the Genthemen's singles lay between the Hon. Herbert 13. Lyon and his brother the Fon. P. Lyon. Both played exceedingly well, but the younger brother the Hon. H. B, retained the championship, winning by 3 sets to 1. In the Ladies' singles, Miss Jane Mickle lost her championship honours, Miss Boulton beating her in the carlier round. The fimal was played by Miss Boulton and Miss J. Mackenzic, a very close contest ended in favor of Miss Boulton liy 3 sets to 2 . The Hons. H. B. and P. B. Lyon won the Gentlemen's doubles, beating Messrs. W. Ferguson and A. 'Thomson (Alloa) by 3 setsto love. Next month will bea husy one in Lawn Tenuis circles. Every week there is a tommament, while Augustalso promises to be of great interest to the devotees of this pastione which is rapidly increasiug in popular farour, especially among the hetter classes of suciety.

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