OLD COUNTRY NOTES.

(By our own correspondent.)

EDINBURGH, 28th June, 1886.

Another instance of that injudicious training to which I referred a week or two ago, has only just recently occurred at Dublin, which should be a warning to those not physically strong, to avoid violent exertion. A grocer's assistant who had evidently believed he could use with impunity the same sets of muscles with the same vigour as when he was a young man in the country, went into training for the grocers' assistants, sports held annually in Dublin. His forte seems to have been throwing the hammer and weight putting. These are feats which require great muscular strength. The young man over exerted himself, and thereby occasioned some internal injury from which he died. Those who are employed at sedentry occupations should take athletic exercise in moderation and by gradual stages. Here it is that the benefit comes in-

The Caledonian sports held at the Ball's Bridge ground on Saturday before Whit Sunday, and on Whit Sunday have proved a great success. The items were for the most part professional, but several amateur events, including foot and cycle races were also included on a somewhat lengthy programme. The valuable money prizes offered induced several of the leading Scotch profes sional athletes to cross the Channel. Great interest seems to have been taken in the bag-pipe playing, the national instrument of the Gael, making a decided impression on the people of Dublin. The pipe players were out in force and so so were the Highland Dancers, while the men of muscle from Aberdeenshire and Edinburgh were also among the prize takers. Different ideas prevail as to the musical qualities of the bagpipe. There is one point however on which there can be no difference of opinion to the Scotsman, the skirl of the pipes, especially when far from home is the sweetest music. It reminds him of that "Land of the mountain and flood" with its heather clad hills, land locked bays, and inland lakes, — bis native land, which he loves so well and to which his heart warms be he in Ireland or in the wilds of Canada.

With the advent of good cricketing weather the Australians are beginning to play in something like the form expected of men enjoying

such a high reputation. The last match played was against the gentlemen of England, and three full days splendid criticate was the result, the match finally ending in a draw. The English team was a very fair one while the Australians wanted Spofforth who a week or more ago hurt his hand which has necessitated his retirement for a while. The Gentlemen batted first and put on the larges core of 471, of which Mr. W. G. Grace had 148, the highest total yet made against the visitors. It was truly a grand display of batting on the part of the champion, and worthy of his best days.

The Australians, large as their opponents' folal was, ovei-stepped it by 18 runs, scoring 488, of which Jones had 151. At the cud of the second day's play the colonial total stood at 282 for three wickets, Jones (not out) 146. with the score at 302 Jones' wicket fell and he retired anidet great applause. Bruce, Bonnor, Trumble, Blockham, Evans and Garrett, all showed with advantage in this innings. The Gentlemen did badly in their second innings but were handicapped through Lucas and Roller being on the accident list. They had lost eight wickets for 105 runs when the match concluded as Lucas and Roller could not go in. The visitors thus wanted only 89 runs to get to win, so that the draw is very much in their favor The Australians are engaged playing the players during the first three days of this week.

The Scotch Cycling meet took place in Edinburgh on Saturday June 21st, and was taken part in by 66 clubs, represented by 472 riders, these together with 40 riders unattached, give a grand total of 512. St. Andrew's square as in former years was the place of rendezvous, then e the procession wended its way to Powderhall track where some splendid racing was witnessed and two re ords broken, and that too by new men. The ex-champion D. W. Laing (last of Scotland C. C.), did not compete, nor did T. Lamb, both are said to have finally retired from the racing track. J. G. Bow, the present mile champion, and J. S. Paterson, Edinburgh University C. C., an old Loretto boy and a brother of Mr. A. S. Paterson of that ilk, who was a well known athlete in his day, were the scratch men and right gallantly they acquitted themselves. In the first trial of the mile bicycle race Bow broke the scratch record doing 2 min. 493 sees, the old record 2 min 507 secs. It hav a short life how-

time running from scratch in 2 min. 497, Paterson also won the three miles handicap in 8 min. 49 secs. who is also a Scotch record the previous 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, Glasgow, on Tuesday evening June 15th. 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. Bow, Edinburgh University, was the best in spurting, he gained the championship, defeating in the final T. Lamb, Edinburgh Northern C. C. In the five miles tricycle championship, the racing was better, 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 comparatively unknown man who did the distance in 3 hours 19 min. 30 secs, which shows that the roads 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 June 21st. The final tie of the Gentlemen's singles lay between the Hon. Herbert B. Lyon and his brother the Hon. 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 champion ship honours, Miss Boulton beating her in the earlier round. The tinal was played by Miss Boulton and Miss J. Mackenzie, a very close contest ended in favor of Miss Boulton by 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 sets love. Next month will be a busy one in Lawn Tennis circles. Every week there is a tournament, while August also promises to be of great interest to the devotees of this pastine which is rapidly increasing in popular favour, especially among the better classes of society.

