sday, July 30, 1907.



training of the body to a reasonable standard of all games and sports would as general physical culture rcise of the Future

however, is to be bearing exercise of the fu willing to stake will include adequate train side, and especially of The left hand of the n and woman will not be a ing, nor will it usurp the of the right hand. But, if sake of self-respect, sym the relief of the right han n case of accider and capable of independent exercise of the future e so many systems of to on custom and ignoran f its movements ercise of the future will and from time to the intelligent and ed shall have their mind's eye possible all-round results ell as muscular. ist that each hand be abl hile the other either rests one person in /a hundred ests his unused and unnd) or else, if required, per-different task-here, again are lamentably incomclumsy.

n to me to be some of the ts in which the exercise are will differ from the exhe present, or, alas! the al-iseless sedentariness of the the future, thanks to more practiced, more scientific e, more interesting. exercise. with stronger lungs, and ith more endurance and stronger hearts. and with more courage and en gracefulness. more and success, more happi all-round prosperity, inspire ople a step nearer the and womanhood, and im every way from generation ion. We shall find such heart disease, consump nsanity being swept from

cise must not rely on itsel must work with all other fitness: with diet

fire to the mosque, and order to please the latter ted their rulers with the ted their rulers with the tive chiefs or of his High meer, they would not ris osts of jamadar or subha pay than Rs.200 olie in America. r next finds fault with na s having co-operated with orces in punishing the Chi-0 who had killed some nglish Christian missione blockheads should con lew minutes why they are ose their lives on and help in the f their fellow-creatures They do so eat, the salt must prove true to their skulls have, however, bek that they

VICTORIA SEMI-WEEKLY COLONIST

The Subjugation of Sophronia McGonigal 

Tuesday, July 30, 1907.

1.1

