



Fun for the Boys.

Since the days of the early Latins, perhaps from an earlier time, boys have had their sports, and none of the athletics have been enjoyed more than the leaping of posts. But many a harsh fall and torn garment has resulted. Nevertheless, we cannot

forego any of the innocent games in use, particularly those of a stirring character. Boys confined to study must have exercise; their bubbling enthusiasm must have vent, or something serious will happen, perhaps, like what a neighbor's son expressed: "Why, pa," said he, "If I don't run and holler and jump, pretending I'm on horse-back following a pack of foxhounds, I can't keep quiet all day." And he was as near right as the average man. But falls, and sprained wrists and torn clothes are not necessary accompaniments to leap-frog, and should not be to post-jumping. Every playground should have one or more heavy posts, set deeply to prevent being loosened, and with twelve to eighteen inches of the top sawed off and hinged in place with a heavy strap hinge (see Fig. 1). Long strong screws will be necessary. Getting on the opposite side from the hinge the highest jumper in school can pull as hard as he likes and clear it with one grand bound. If the next best fellow cannot quite do it, the post as he brushes it will simply break apart, and as the head-block snaps against the side (see Fig. 2) will proclaim his defeat before he reaches the ground. Its spiteful clack will incite to increased effort, and now in a two-inch augur hole bored in the top of the post, wooden pins may be placed, first a short one, and then longer ones as the ability of the horses in the steeple-chase improves. The difficulty of flying clear of the pins will be greater than to leap the post, as only the top of the post can be grasped, however tall the pins may be.



FIG. 1.
HINGED
POST.



FIG. 2.
HEAD-BLOCK
REVERSED.

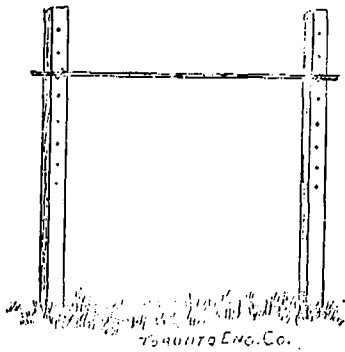


FIG. 3.—LEAPING BAR.

Another excellent sport is the light pole or cane held up on two posts by small pins, which may be raised or lowered by pulling out and replacing them in other holes bored for the purpose (see Fig. 3). The athlete jumps over the reed from the side opposite the one shown in the cut. If not agile enough to clear it he knocks it off the pins, and comes down with it amid the laughter of all who look on. Nothing adds to a well-developed physique so much as all-round suppleness. The boy who excels in sports usually makes a competent and successful business man.

Training a Girl's Hands.

WHEN Fred says that Nell can't drive a nail with- out hitting every finger on her hand that holds the nail, while the chances are that she will do mortal

injury to the woodwork that receives it he expresses, rather ungallantly, what unfortunately has a good deal of truth in it. Nell herself would probably admit the force of the statement, while rubbing arnica on her swelled fingers and gazing ruefully at the splintered wood. But if she should be given the floor on a question of "personal privilege," she could readily explain why a girl has such poor success when attempting to work with tools.

A girl is naturally as expert in the use of her hands as a boy, if, indeed, she be not more so; but long continued disuse of certain muscles of the arms and hands makes them weak and stiff. When children arrive at a certain stage of development, the girl has her dolls and dishes and begins forthwith to "make believe." The boy has a jackknife placed in his hand and straightway begins to construct, strengthening his hand and his inventive faculty at the same time. The girl begins to live in an artificial atmosphere, while the boy's life is packed full of realities. He makes everything, from a water-wheel to a flying machine, though his only tools may be an old saw, a hammer, and the ever present jackknife. Meanwhile his sister is having tea parties, and taking first lessons in gossip while comparing notes with her small friends concerning

the behavior and characteristics of her dolls. Without disclaiming against the little housekeeper's cares and joys, it may be said that there should at least be some healthy realities brought into her life that will serve the triple purpose of strengthening the body, making skillful the hand, and giving a healthy tone to the mind. It is not so much that she should be able to do any specific work with tools, as that her fingers should become so well trained in skilful ways that she may be able to do "what her hands find to do" without finding it necessary to rely too implicitly upon the soothing effects of arnica. Let the girl's taste be consulted, but let her surely receive some kind of training in the broad field of handicraft. It will not fail to be a constant source of gratification and help through life.

If one awakes in the night, as hopelessly wide- awake as if galvanized or electrified with vital activity, an invariable remedy is a glass of hot—not warm—water. It can be heated over the gas, or over a spirit lamp, and sipped almost while at boiling heat and one who tries it will find himself going to sleep like an infant, and getting, too, the most restful and peaceful sleep imaginable.



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