

in 24 hours. Rowell would have warmed the old Spartan's jacket for him in a go-as-you-please race. Vanderbilt's Maud S, out at grass, would not be brought in and put in a race right off. She would be got in condition, and then let that other horse look out. But the portly citizen of Germantown runs along Chelton avenue for a train and topples over, all because of his ignorance of elementary knowledge.

"We develop our muscles in a one-sided, partial way. There's rowing: it exercises us in pushing and pulling. I was referee at the race between Hanlan and Courtney, where the latter's boat was so mysteriously cut. I asked Hanlan to try the simple experiment of resting his hands on two chairs and then letting himself down between them. How often did he do it? Well, he got down and could not get up. He hadn't trained the right muscles. There is a great man—John L. Sullivan, a man of striking ability, who always makes a marked impression. He trains the other muscles. But put him in a shell against Hanlan and the Canadian would pull clear away from him. Change the scene a little and the symmetry of Hanlan's head would be seriously impaired inside of two minutes. Had they started in a race with Rowell they would both soon have been hopelessly behind.

"Our mechanics train only the muscle each wants in getting bread and butter.

"Among American women walking is a lost art. I don't know how it is here in Germantown, but in New York I have seen them shopping on Fourteenth street; they go dawdling along at about a two-miles-an-hour gait. Some one has said that a woman in America runs fast enough for a man to catch her. Some of them can't do that. There is 70,000 of them in Massachusetts. Once I went up to Vassar College to see their gymnasium. They had lots of apparatus there that looked like as if it was the kind that Noah used when he was loafing around in the ark. Then the girls showed me how they ran. After a few trials they came in puffing and blowing, and their hearts beating about 140 to the minute. 'What do you think of the running?' they asked. 'What running?' said I. Then I showed how the sandal of the