

Alone.

BY JEAN YEOMAN.

The dead leaves scatter where they will,
And softly fall
In shapes and shadows, here and there,
The night winds sigh through branches bare,
And faintly call,
While all the world lies cold and still.

By drifting clouds the crescent gold
Is hid from sight,
But through a break one twinkling star
Throws its faint radiance from afar,
Upon the night,
While all the world lies still and cold.

Physical Culture.

ETHEL ANDERSON.

IN no time since the great age of Greece has physical culture received so much attention as at the present.

The Greeks—Spartans, in particular—received most of their education at the gymnasium. At the age of seven a boy began his training—running, leaping, wrestling and boxing—thus he acquired nimbleness and dexterity. Lycurgus, the great Greek law-maker, passed a law that the Spartan damsels should attend the gymnasiums and receive a training analagous to that of the youths. The Spartan women thus became famous for their physical beauty, and received many compliments upon their fine figures and masculine vigor. In the course of time the great artists took as their models human forms, so that the beauty of the Greeks has been handed down all through the ages and still graces our finest Art galleries and museums.

The Greeks followed Nature's laws more nearly than any other nation; in fact the Greek word "physical" is the exact equivalent for the Latin word "natural." Their form of dress tended greatly to aid