

**"THE CLEANER"**  
WILL BE DELIVERED AT ANY ADDRESS IN  
GIBSON AND MARYSVILLE AT  
**25 Cents a Month.**

## TRAINING THE PHYSICAL MAN

to deceive spectators by his sleight of hand performances. A mechanic equally devoted to the business of getting his hand trained to do his work.

has heretofore been given to the possibilities of hand training for useful work. The stage and the circus ring have for years shown us that there is scarcely any limit to be put to what man may accomplish through the training of his muscles. Crowds have wondered at and applauded performers with no greater intelligence than the average spectator, and have not

thought of applying the lesson themselves and making better use of it than that of posing for the amusement of the public. The gymnast, the acrobat, the juggler are men who have learned how to use their muscles, who have trained their eye quick seeing, their judgment prompt decision, who have taught

themselves to keep control or the  
wits in an emergency, and who have  
above all, practiced certain meth-  
ods so diligently that they can per-  
form them without effort, almost un-  
consciously. They have not assumed  
that education is to be applied only  
to the mind, but, frequently to the neg-  
lect of the latter, have applied education  
methods to the muscles of their bod-

which other people neglect. One may easily imagine a skilled juggler who would wonder quite as much at schoolboy's ready answer to questions in arithmetic as the school boy would at his feats of balancing or sleight of hand. The wonderment in each case is dependent upon the ignorance of the one and the skill of the other in the fields that are open to both. Until

cent years it has been assumed that the muscles need little training and cannot be acquired in the ordinary course of life without special instruction or effort. The results achieved by specialists should, however, correct this view.

The Germans have carried this thought to a logical conclusion—muscles must be exercised from childhood.

The object is not to make gymnasts or acrobats of the pupils any more than the teaching of drawing in the public schools is intended to make artists of all who receive such instruction.

tion. The purpose is to give heart and useful exercise, to train the muscles, and lay the foundation for the development of skill of hand in any undertaking. This is not done at the expense of mental education, but, as experience shows, by promoting the physical health, it quickens and strengthens the mental faculties, at the same time giving the

needed relief from too much strain. All the tendencies of modern educational thought are toward a broader and more liberal education in the direction, not of multiplying men in studies, but of extending school training to hands and eyes as well as memory.—Baltimore Sun.

At the outbreak of the civil war the colored family named Lindsey, consisting of man and wife, with three children, a girl and two boys, were sold into slavery at Independence, Mo. The entire family were separated. At the close of the war the father made up his mind that he would vote the remainder of his life to

cover the whereabouts of his family. For the past twenty-four years he had that sole object in view. He traveled and worked, bearing the brunt of innumerable hardships to accomplish his purpose. In Missouri the man obtained the first clew to whereabouts of his son Allen, who was reported by a white man to be Davis Cox. The old man worked

Paris, Tex. The old man worked his way to Paris and there met his son, Allen. From him he learned whereabouts of his other son and daughter, whom he visited.—Chicago Times.

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**Need the Yankee.**

South America presents many opportunities for young Americans

now. That portion of the great western continent is settled by foreign residents of Europe who bring with them the prejudices and conservatism of the fatherland. The English speaking portion of the population is principally drawn from Great Britain, and, of course, these people lack force and persistency of the Yankee. As an instance of this conservatism

my brother, who is in Buenos Ayres, had great difficulty in inducing a typewriting company, with which he is employed, to make use of the typewriter. They finally brought one from the United States, and have since obtained several more. They say they would not do without them now.—Kansas City Journal.

**The Stage Carpenter.** Lloyd Breeze, who is Russell's business manager, chipped in and told the story on their stage manager, J. Fitzpatrick, who is an old timer and very conscientious. He would see the scene plot for the piece to know what the stage carpenter of the theater at which they were to play, always

drawing it off and addressing it that worthy. One day Breeze reached a little California town to herald a show, and on his drive up to the hotel he passed the office of the stage coach line which ran from that point to Yuba Dam or some other equally famous point of the compass. In front of the office he saw an old native holding a paper at arms' length and

regarding it wonderingly. At a glance he recognized it as one of his stage scene plots and he at once made inquiries. It appears that the document was directed to the "stage carpenter" and that it had been delivered to a man who did the carpenter work for the stage company. The writer thought for a time that he had discovered a plot to

he had discovered a plot to rob the company, as he did not understand the peculiar drawings, Breco set things right by turning document over to the janitor of "opera house," no such official "stage carpenter" being known there. —Chicago Herald.

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