

PRIZE STORY AWARDS

The stories which were entered in competition for the prizes offered by the Courier to the authors of the three best stories are excellent. In order that the prizes might be given, not only without favor but without the appearance of personal bias, the name of the author was cut off from each manuscript and the collection of remarkably interesting and well-conceived stories by young authors sent to Miss Edith Lewis of this city, a young woman who was graduated from Smith college last year with high honors, especially in the department of literature. She made the awards entirely ignorant of the identity of the authors. The winners of the prizes are:

- First prize—Miss Jessie Harris, Omaha (\$5), story: "General."
- Second prize—Miss Marjorie Shanafelt, Lincoln (\$3), story: "My Grandmother's Garden."
- Third prize—Master Raleigh Wilson, Lincoln (\$2).



JESSIE MASON HARRIS.
Winner of the First Prize.



RALEIGH WILSON.
Winner of Third Prize.

Physical Training of the Twentieth Century Child," prepared by Doctor May Flanagan and read by her before the patrons' association of the McKinley school, will interest many readers of the Courier:

"Over his heart in the years that have flown,
No love like mother-love ever has shown;
Over his heart in the years to be
No love like mother-love again will be seen."

'Tis a far cry to those old Grecian days when the child, deformed or weakly, was cast out and left to the chances of fate to live or to die, and when robust health and symmetrical muscular development were of first and only importance.

No doubt the mother-love was as strong in the hearts of those mothers then, as today, when all the graciousness and tenderness of a woman is best shown in her care and devotion to her children from the time when they look to her for all, to the day when the busy hands are folded forever.

The world has grown older and wiser since then, but down through all the centuries has come that ideal of beauty and form that furnishes a model now, and will for all time. Physical development and mental development must go together if you would have men who are men, and women who are women.

Why have half-built people if you can, by a wiser training, produce the highest type of a man or woman?

Strong physique is a mighty element entering into the success of the man or woman who today wishes to become a force in the business, the professional or the social world. Vigorous minds need vigorous bodies, and saying that "a man is as his arteries" is very near the truth. Had the magnificent physique of Phillips Brooks ought to do with the power he held over the thousands who listened to him entranced? Would Gladstone have been a Gladstone with a weak, puny body? Do you think that the impressive physical presence of Webster contributed to that wonderful success that placed him away and above hundreds of others who no doubt had brilliant minds?

Wendell Phillips, swaying at his will the multitude that had been a howling mob, might have done so had he lacked in physical power, but I doubt it.

The twentieth century is the child's century, and today the child's day; it is an age that we approvingly recognize as better than any previous age. One thing is certain, never has the question of childhood and childhood's needs received greater attention than at the present. To be sure we have had in the past a Pestalozzi, a Rousseau, an Herbart, who quickened the thought in child study; but today it is not here and there an educator, but all the teachers in our schools, from the kindergarten to the university, the parents, and all who come in contact with the child, who are saying, "What is the object of an education? What is best for their future life as men and women?"

It is this thought and the father-pride and mother-love that has brought you

here tonight. Is there need of physical training? Is there? Pause on a crowded corner where you will see all classes and conditions—where you will see pass before you those who earn their living by their brains only, and those by hard physical labor—the woman who attends to her own household duties, and the one who spends her mornings at cards; children of all ages; and how many will you find who have well expanded chests, who are strong and straight, and who carry themselves as though conscious of the soul within? How many easy, erect, well-built people will you find? How many who show no depressed chests, no curvatures, no shuffling feet, no protruding shoulder-blades or hips; who breathe properly, who can walk even one mile without effort?

You tell me that you get plenty of exercise with your work. Granted it is true. And you say that the children walk to school and that with their play and work they do at home is enough. Granted again. But I examine your lungs, and I find you have scarcely any expansion—you do not use some part of them at all; some of your muscles are hard and firm, others no development whatever. You get tired and nervous so easily.

I examine your boy—one shoulder is much higher than the other. He stands with the abdomen thrown forward, and his shoulders are somewhat rounded, and he needs what the West Point men call "setting up."

The mind of one who has never seen the school room nor known the wealth that may lie between the covers of a book, instinctively reaches out and absorbs ideas that come through many sources; and such a mind, left to its own development as accident and intercourse may determine, may have good common sense, but of the process of logical reasoning, of fine discrimination, or of the joy that comes from the consciousness of intellectual power, it has no conception. Begin to educate them and it will take years to form the habit of concentration. Why then assume that the body, with no systematic training, simply left to its own development as work or play may determine, has all done for it that is necessary to make it a fitting exponent of a God-given mind?

The memory of the muscle is an easily demonstrated fact, and the muscular habits formed in childhood cling tenaciously through the years; and it often requires strong effort to overcome little tricks that the muscles have learned in youth.

Increased activity of a part means increased blood-supply; and the oxygen of the blood, uniting with the tissues in the process of combinations, produces two absolutely different results—one, assimilation or the formation of new cells and new tissues, the other of dissimilation or the product of substances no longer resembling the tissues from which they were formed. If this oxidation is incomplete, substances are formed which, acting as a poison in the system, cause fatigue or, accumulating, render

the body particularly susceptible to disease, and slight affections may prove most serious. What causes the accumulation of poisons? Lack of elimination, from bad condition of eliminating organs, over-work or lack of exercise.

It is true that the average person, with the exception of those engaged in purely mental labor, does get perhaps a fair amount of exercise; but it is not well-balanced exercise. Some parts are used to the extent of great fatigue, while other muscles are never called into action at all; and physical training may mean the knowing how to relax—a lesson which may never learn.

As I said a moment since, use your eyes and be convinced that work and play are not enough. Something more is needed. When shall we begin? What shall we do? In the first place, give them fathers and mothers healthy in body and mind. Those who are not have no right to inflict on a helpless child a life of sickness and suffering—

"Fashioned and shaped by no will of their own,
Helplessly into life's history thrown
Born by the law that compels man to be."

It is no atonement to devote one's life to it afterward. Sunshine, fresh air, proper food, loose clothing, quiet, a great deal of judicious letting alone, baths followed by gentle rubbing and passive movements of arms and legs, and the movements of every normal baby who lies on the floor and kicks and squirms and crawls, will give our little one a fair start in physical training. A little later, when running about and the desire to imitate is strong, many little exercises can be given that will tend to arch the chest and strengthen any muscles that seem deficient.

If older people realized the unconscious influence their walk or attitude and all their blemishes as well as virtues had upon the small men and women, they would be much more careful that, in the mirror of conduct held up many times a day, there would be no reflection of which they were ashamed.

But a day comes when the little one is off to school, has graduated from the play and the joys of the kindergarten, and has its way to make in the great world of the public schools. If a boy, he has his tops and marbles and kites; a girl, her dolls, none of which tend to muscular development; and it is now a time that, unless particular attention is given, they easily fall into the habit of sitting bent over the desk. If desk and seat are not the proper height a shoulder begins to go up. They are growing rapidly—the bones are easily bent, and impressions made on the memory of the muscles. Curvature of the spine begins to show. Round shoulders are common. And if for no other reason than warding off the natural restlessness, and as a foundation for government, action is to be commended, and definite action rather than haphazard play. What I mean by haphazard play is simply putting in time—not a game with something to be attained, a goal to be won or some definite object in view. But even with

J. R. HAGGARD, M. D.,
LINCOLN, NEB.
Office, 1100 O street—Rooms 212, 213, 214,
Richards Block; Telephone 536.
Residence, 1310 G street; Telephone K304

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