

play and, as I trust every child in this school has, some work to do, they need, every one of them, other training in order to stand properly, to breathe correctly, and to bring into use, not only particular muscles, but sets of muscles, and to give harmonious action between the brain and every part of the body. The exercises should be varied. Swedish movements, dumb-bells, Indian clubs, marching, and dozens of systems. But the best of methods can be worse than useless if gone through in a careless, slipshod way. If it is exercises to develop the lung capacity, it is no use to take them with the shoulders hanging forward—the position bad, nor no fresh air in the room. Nor should they be told at home that they might better be getting their arithmetic lesson. Children should be encouraged to take pride in their physical development; it is something of which to be proud, and we would do well to encourage it, as was done centuries ago in ancient Greece.

Harm can be done by over-development. Observe the professional gymnast, and you will see the development to an exaggerated degree of the muscles of the shoulders and back; as a result he has a round back. Fencing, it is well known, causes lateral curvature of the spine. But there is no good but that may become an evil. Health and goodness go together. It is much easier to be in a state of grace when in a state of health.

As to the place that gymnasiums should hold, I have never been able to determine to my own satisfaction. I know there are good results; I have seen bad; and I mean here not the ordinary Swedish movements, dumb-bells and the like, but the use of heavy weights, horizontal bars and trapeze work. As recreation it may be good, but as a means of development I doubt if it is the best. With girls, particularly, we should remember that the mechanism is finer, and until we have had several generations of better health and physical vigor, the utmost care should be used not to do harm that will be impossible to remedy.

I was told that little ones would need no exercises if left to their own free will and considered as healthy young animals. I'll not argue the question; but one day I walked along O street, where one felt that the middle of the street was cleaner than the sidewalk, and I said to myself, "Tis pity, 'tis true," that we must consider them such when they are grown. Why do I say this here? Why bring in a discordant element where there should be talk of learning and culture? Simply this, that you who come from your cultured homes where every influence is refining, must not forget that there are children in the schools, in this school, whose only idea of culture comes from the school, and it is their due, and their right, that in their lives there should be one place where the perfect cleanliness of the rooms, the pictures on the walls, and the atmosphere of refinement, may counteract the opposite that surrounds them in their own homes. This you are trying to do, this is your duty.

As a summary let me emphasize: Parental conditions that will insure, as far as possible, strong, robust children; then fresh air, baths, play, definite tasks, and systematic rational daily exercises,—exercise that is never omitted, no matter what else is; exercise not through school days only, but through all the years, that they may realize "the fullness of life and the mere joy of living."

**Telephone Flirtations**

There is something dangerous in the telephone, if the emotions are to be studied, for it is one of Cupid's aids. Place a young man of impulsive habits at one end, and a girl who likes to flirt at the other, and there is danger of them becoming serious—more so than if they stood face to face. A woman's voice sounds softer and sweeter through the telephone. Perhaps the fact that a young man is talking to a voice through the 'phone instead of a person, helps his fancy to run riot. Anyhow, as it is, telephone flirtations are becoming more numerous and the results more serious. People can say so much more to each other over the 'phone than they would in ordinary conversation, especially if they are a bit bashful and happen to be lovers. Any man who entertains a fond affection for a girl and couldn't get up enough courage to propose to her in person, and then falls in trying to ask her over the telephone, really isn't worthy of her.

In a little Nebraska town west of Lincoln, a young man was very much in

love with a fair maiden who lived in the next county. He waited to propose to her, but could never summon the needed nerve. He could talk about anything else and keep up a running fire of conversation. Finally he decided to ask her the momentous question over the telephone. She accepted, of course, and they would have been married over the 'phone, if the young man's wishes had been regarded.

A certain girl in Lincoln got up a nice little flirtation over the telephone, which progressed finely for a while. She worked in a down-town office where several girls were employed. She answered the 'phone one day, and a young man asked for a girl who happened to be at dinner. The girl was very quick to ask, "Wouldn't I do just as well?" and he said, "Yes, of course," and they had an interesting talk. After that he would call her up every day, though not knowing her exact name. They talked of "books and flowers and trees, of the singing birds and the honey bees" and other romantic knickknacks. This went on for several months; she made no effort to see him and he seemed to understand that while she was content to talk to him and "jolly him up," any attempt at forwardness would spoil the whole thing. He asked to call or to take her to church or to lunch, but the invitations were all politely declined, and in lieu of the fact that no young gentleman cares to waste his time on a girl who gives him to understand in the first place that she does not care for him, the little flirtation waned. Perhaps these two will meet some day—perhaps it's a

case of what might have been, no one knows, any way, as the girl has said, "It was fun while it lasted."

The eastern papers have contained so many accounts of rich men falling in love with the voice of some telephone girl, that the voices of all the Lincoln telephone girls sound unusually sweet just now. Maybe they hope for the same thing. A business man married a telephone girl not long ago, and it would be hard to find a more devoted pair. He called up a number one day and she promptly cut him off. He was very indignant, and told her just what he thought of her, and even went so far as to inform her that he intended to report her to the manager, as he was an influential business man and a regular subscriber and she might as well prepare to be discharged. He was greatly surprised when she apologized; her voice was sweet and low. He was sorry then and said so; and with Cupid leading him by the hand he went like a lamb to the slaughter. He married her and, of course, they were happy forever after.

It is not always the telephone girl whose voice sounds so alluring over the wire; there are many cases in which other girls get up flirtations and they end in marriage. A young man wished to talk to a young lady of his acquaintance one afternoon. Central gave him the wrong number and some other girl answered. He explained his mistake and would have rung off, but the girl seemed pleasant and inclined to talk, so he stayed. They met afterward, it was almost imperative, of course. They were not disappointed in each other and, as

in many other cases, their wedding was a sequence.

To say the least, the telephone is a snare and people who are not matrimonially inclined ought never to enlarge on the chance of a flirtation thereover.

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Judge—You are charged with using horribly profane language.

Prisoner—But, your Honor, I was trying to make soft coal burn in my hard-coal furnace.

Judge—Discharged.—Chicago News.

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"Tell, me, Harold," she said, as the gentle old horse they were driving along the country road dropped into a walk, "am I your ideal girl?" "No," he said fervently. "You're my real girl!" Whereupon the horse, finding himself totally neglected, stopped and began to browse.—Chicago Tribune.



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**PLAN TO BUILD IN AMERICA A NEW ST. PETER'S**



*PATER BOUILLON AND THE CATHEDRAL OF NOVA SANCTA SOPHIA.*

(First authentic authorized reproduction of official place.)

An American cathedral, to be the most magnificent in the world, surpassing even St. Peter's at Rome and costing \$25,000,000, is the plan of Canon Bouillon of Ottawa, who is in New York to promulgate the movement, after spending eight years of thought and labor upon it. The proposed magnificent cathedral, the building of which is to take twenty years, will stand in Fifth Avenue, New York. Italian artists will be employed in the work. The designs have already been filed with the architectural league and are reproduced above for the first time. The Dominican church is behind Canon Bouillon in the noble undertaking. A campaign to raise subscriptions will shortly be promulgated.