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Easton, Maryland, Saturday, November 26 1898

THERE were some features of Thanksgiving Day worth recording. Of course, that great American "bird," the turkey, was the piece de resistance. The turkey, aided and abetted by trimmings, is always supreme on Thanksgiving Day. But there are other things to engage attention.

First, there was the weather. Many persons pin their faith to the forecasts issued daily by the United States weather bureau. These persons arose from their slumbers Thursday morning, read in the newspapers the promise that the day was to be fair and bracing, looked out their windows and saw a snowstorm, the first of the season. The local end of the United States weather bureau declares that it was not in fault. The whole trouble was caused by the obstinacy of a small and underrated "low area" that on Wednesday was hovering over the Atlantic ocean near Norfolk, Va. At the same time a large and threatening low area was disporting itself in the great lake region, but was moving northeast. The weather men were watching it, and while they were doing so the despised little low area in the South stole a base. It suddenly loomed up in unexpected proportions, picked up a snowstorm somewhere and swept it up and down the Atlantic coast. New York, Philadelphia and Washington enjoyed, with Baltimore, the attentions of the unexpected visitor.

A wet, disagreeable snowstorm on Thanksgiving Day knocks out many calculations. Late in the afternoon the snow ceased falling and the clouds blew away, but the pavements were wet and walking was disagreeable.—*Balto. Sun.*

SENATOR QUAY, a member of the highest legislative tribunal of the nation, and the representative of the second State in the Union in population and surpassed by none in the intelligence and prosperity of her people, was arraigned in the Criminal Court, of Phila.. on the grave charge of conspiracy to pervert the revenues of the State to his individual profit.

The case will excite very general interest not only because of the high official position of the chief defendant, but because of the political friendships and animosities which enter into the issue. But above all political or individual prejudices or interests the supreme desire of every good citizen must be that the guilt or innocence of the defendents shall be determined by the evidence dispassionately given, and the law judicially administered.

There is a prevading sense of the sanctity of justice throughout the great mass of the people of Pennsylvania that would shield no one from the just punishment of his guilt because of high political or social position, and that would convict none by political passion or personal resentment. When a citizen enters the sanctuary of justice as defendant in a criminal action, whether high or low, rich or poor, potent or impotent in power, all passion, partiality and interest should be eliminated and the scales of justice held in even balance between accuser and accused.

Senator Quay is entitled to precisely the rights of every other citizen of the State—no more, no less. He is entitled to a court free from prejudice or interest in the prosecution; he is entitled to a jury that can neither be restrained by his high political position nor inflamed to injustice by individual or party prejudice. In short, he is entitled to justice; and if guilty, should be convicted; and if innocent, should be acquitted.

It is alike just to Senator Quay and his associate defendants and to the majesty of the law, that these cases shall be tried as speedily as it can be done with entire justice to the law and the defendants· It is not a case for compromise, and Mr. Quay's position as an avowed candidate for United States Senator entitles him to an acquittal before the Senatorial contest shall have been decided if he is innocent, or that his guilt shall be established that would retire him from the contest.

There are many thousands in Pennsylvania who would be glad to see Senator Quay unhorsed as a political leader, and there are many other thousands who take pride in his following; but the paramount conviction of all good citizens, regardless of personal or political affiliations, is that law and justice shall rule over all; that the guilty shall be convicted and punished, that the innocent shall be manfully acquitted, and that the channels of justice shall be free from even the semblance of the partiality or resentment which become appalling when visible in the sanctuary where the lives, liberties and the property of all men must seek protection.—Philadelphia *Times*.

OUR live contemporary, the Easton *Ledger* celebrated its 24th birthday this week by issuing, with the assistanee of Mr. Lindley of Baltimore, a most creditable Industrial Edition of eight pages, four of which are devoted entirely to Easton. its history, advantages and its business men. It is profusely illustrated with excellent pictures and printed on book paper. The edition is a credit to its editors and to Easton.

THE last Populist legislature fixed the Kansas congressional districts so that the Republicans were to have but one Congressman in the State. The people have fixed the Populist party so that they have but one Congressman in the State. Verily, what-so-ever ye sow that shall ye also reap.

BENEFITS OF PHYSICAL TRAINING.

Miss Alice McDaniel's Resume of this Important Branch of Modern Education.

An education to be complete must be three-fold—mental, moral and physical. By "Physical Training" we mean of course doing for the body what education does for the mind. It is promoting and directing the growth of our bodies, bringing about the highest perfection of form and especially securing the best adaptation of the body as an instrument to its use. It is developing all the body's latent forces and training them to ready graceful activity. The body is not an end in itself, but must be traided to be the able and obedient servant of the mind; then it becomes a thing of power and dignity. Even when cradled in Greece, physical training "was consecrated by every sentiment, literary, domestic and religious, and blended with all ideas of individual culture and personal dignity, beauty, health, prowess, literary power and political renown," and it is strange that it should have ever ceased to be carried on, that it should ever suffer a period of decadence. Yet physical training is comparatively a modern idea, and only this advanced age of educational progress and reforms has brought it back to its proper place in the educational scheme.

Educators everywhere are beginning to have a better appreciation of the fact that the mind acts through the brain, that the brain is a part of the body, and as a part of the body depends for its own welfare largely upon the body as a whole: while all who are interested in the advancement of mankind are anxious that the growing and coming generations should approximate that physique which is at the same time a model of fair proportions and the best fitted for its purpose of being the tenement of the mind and the soul. In Sweden, that country to which we owe so much in this line, the object of physical training as definitely stated is: "to train the pupil to make his body subservient to his will." and the United States Commissioner of Education, Hon. W. T. Harris, expresses the same idea when he defines physical training as "the conscious or voluntary training of the muscular side of our system, which is the special side under the control of our will."

I quote these not to emphasize the relations of she voluntary culture of the body to the involuntary, the relation of the muscles to the vital organs, which constitutes what is known as "the new physical education," and is now receiving so much attention, but to show that the public schools have a most important part to play in physical training. For when can we hope for the training of the will but in youth, and where can we hope for its training but in the public schools? Yet the public schools can do a great deal for physical training, and happily physical training can do a great deal for them. The public schools of all the large cities have entered this open door of opportunity, and throughout the length and breadth of the land others are rapidly falling into line. One needs not in a public school a full equipment of costly apparatus or to know all about and be expert in the German, the Swedish and the Delsarte systems of exercises, or to adopt any one of these to the exclusion of all others. It is generally argued that no one of these exactly meets the demand of American public schools. Such simple exercises as can be found in any of the good handbooks on the subject are likely to combine the best features of all the systems, and if pursued intelligently for physical training's sake, not for mere occupation of time or exhibition purposes, will overcome the bad effects of bad sitting postures or other cramped positions into which pupils seem to fall so easily, will give rosy cheeks and bright eyes, fair complexions and hardy limbs; will make bodies grow larger and stronger, and prepare them them the better to sustain the duties falling upen them.

Our physiologists tell us that the heart is the great reservoir of the blood, and that it sends out through all the parts of the body by means of the arteries, receiving it again from the veins, thus giving the whole quantity of blood an entire circuit of the body fifty-two times in every hour. The blood in this process of circulation accomplishes two great purposes: first, the collecting and the carrying of the dead tissues, for we are told the whole body is composed of tissues which are constantly dying; and secondly, carrying fresh material out of which new tissues are built up. The whole question of health turns upon the death and renewal of these tissues, and this in turn upon the circulation of the blood. No wonder the blood is called the life current when the slightest change in quantity or quality makes all the difference in the man. The more rapidly the blood is pumped into the arteries and forced on its journey, the more quickly the wasted material is removed and fresh material substituted, and the more frequently are the parts of the body built anew. Of course it is exercise that sets the heart in more rapid motion and sends the blood rushing on its vital mission. But no amount of play or round of games or kinds of work, while they may stimulate and quicken the action of the heart, will any more accomplish the full purposes of physical training than ordinary conversation and ordinary reading will serve the full purpose of mental training. We must have systematic exercises to bring about systematic results. Unless direction is given to exercise, it is sometimes even worse than if wholly neglected. For we suffer from the effects either if it is misapplied or neglected, and the great danger in it all is that we are not aware of the ill results until they are upon us. We may dress too thinly, eat too much or too little, and we are immediately warned of its consequences by bodily discomfort. With exercises the case is different. We may misapply or neglect them from day to day without perceptible disadvantage, until the great harm dawns upon us all at once. The results are all the more sure and abiding because they are less speedy in their coming.

But above all the good public schools can do for physical training, I am tempted to say, is inspiring pupils by early physical training with the laudable desire of properly caring tor their bodies and of making them in every respect fit temples for the indwelling of their Creator's Holy Spirit. But permit me also to say a word as to what physical training can do for the public schools. I know of no direction in which the teacher so soon sees the fruits, and such rich fruits, of his labor as in this. Here bread cast upon the waters returns not only after many days, but at once. Physical training gives to the daily work of the school a very perceptible ease and grace of movement. The word calisthenics is very significant —*kalos*, beautiful; *thenos*, strength; beautiful strength —strength beautifully put into action; agile, graceful, firm use of solid, comely limbs. Every graceful movement tends to make the person executing it more graceful, and the graceful movements of marches, free-hand exercises, wands, bells and clubs smooth down the roughness of boisterous youth, and for angularity give the curviug lines of beauty.

Physical training teaches exactness. Heels together; limbs firm; knees bend; arms outward fling; body erect; shoulders back, all obeyed to the letter. Exercises may be of the utmost simplicity, but accuracy and precision give them interest and even fascination. When to the uniformity of action, precision of time is added, as when the exercises are gone through with a musical accompaniment, the lesson of exactness is still further intensified and impressed. The rhythmical order calls forth absolute attention and allows no backwardness or negligence, while it breathes over all the spirit of harmony. Its disciplining effect is of no small importance. The pupil's mind must govern his body, and every articulation and limb must be habituated to a prompt and ready obedience to his will. He learns self-control, and obedience to others is then more ready. Physical training inspires self-confidence, self-dependence and a justifiable pride of raising one'f self to a higher rank and equaling all associates. Dr. Mara L. Pratt well says: "Even the correct standing position alone is not only of great hygienic importance, but has a most beneficial moral and mental reflex. Get your slouching John and your shuffling Bob into an erect, manly carriage, if you can, for three minutes, and see what the moral effect will be. Get that hang necked boy to stand erect, throw up his head and say: 'I am no lying knave, I am the king!' He will be the king while he says it, at least, and you—perhaps he—will have learned a lesson."

WANAMAKER'S.

PHILADELPHIA, Monday, Nov. 21, 1898.

A Demand for PRINCESS MAY GLOVES in Paris

One of the most famous glove sellers has asked for them—the goodness and our name for it, "Princess May." And that is recompense for years of trying to catch up to the French in glove selling.

Thank you, Mr. Frenchman, for the endorsement. But the folks at home want the gloves—our City Hall Square and our Broadway store need every pair of Princess May gloves that great maker at Grenoble can produce. It isn't simply the making—it is the selection of fine clear kidskins and the perfect tanning and coloring that is half the battle. The making is the other half—and every glove bearing the "Princess May" stamp is made in this one factory and especially for us. We know they fit, we know the skins are just right and we know that the sewing is so well done that not over three pairs in a thousand rip. These are cheerfully made good to you. We assume all glove risks. We never knew gloves that showed smaller percentage of fault. We made the

Price, a Dollar a Pair

before tariff changed. It has been a close shave, from a profit standpoint, since. But that's our loss. Not a penny is skimped out of the gloves. Black, white, colors. And orders come for pair after pair—even from way-off Oregon and down east at Portland, Maine. Every pair is, as we've said, real French kidskin.

Furs This fur store has been rather envied than copied. Its ways are extreme. To follow



takes courage; to follow looks almost like losing profits that might be gobbled. So, alone. Interesting to you, because it means some dollars safely saved on almost any fur piece you buy.

$7.50 for imitation marten scarfs with cluster of tails.
$10 for scarfs of real marten, 2 heads and cluster of tails. Others, $12 to $22.
$22.50 for stone marten scarfs, with 2 heads, claws and cluster of tails.
$28 for stone marten scarfs, with full-size head and cluster of tails; one tab finished with tails.
A favorite "made up" fur for scarfs is called "blue fox." Scarfs, $15 and $16 50.
Electric seal capes, $21. Finest, $75.
Persian lamb coats, 24 in. long, $145 and $175.

Women's Shoes Twenty-four brand new styles of Women's Shoes at $4. Then some stand-bys at same price. A word of one, which we're willing to let stand as a proof of the shoe store's goodness—

Fine kidskin boots with soles made up of good leather for wear, a layer of cork for safety from dampness, and a cushion of felt for inner sole—felt that takes up the jar of walking.

Clumsy? No, indeed. These are among the trimmiest shoes on show. Much lighter looking than some of the swell new styles. $4.

But we've told again and again that money goes farthest here in shoe buying.

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Notice to Creditors.

Notice is hereby given, that the subscriber hath obtained from the Orphans' Court of Talbot county in the State of Maryland, letters testamentary on the personal estate of Mitchell Maxfield, col'd, late of Talbot county deceased. All persons having claims against the said deceased's estate are hereby warned to exhibit the same properly authenticated to the subscriber, on or before the 3d day of June, A D. 1899, otherwise they may be by law excluded from all benefits of said deceased's estate. All persons indebted to said estate are requested to make immediate payment. ROBERT F. WALKER.
11-26-4t Executor.

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This is a good season to paint, and we carry in all colors, the largest stock in town of the celebrated Lucas' and the Longman and Martinez paints. Consult us before you buy, and get something that will please Xoc in quality and price.

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We have the Sheller and Cutter that catches the eye of the farmer because they are the best and cheapest on this market.

Guns, Pistols and Ammunition.

A new stock just received. Double and Single breech loading. cheaper than ever. Try us.

Robes, Blankets and Horse Covers.

Covers are cheapers than chills, and our counters are piled up with beautiful blankets, just received.

Wagons, Carriages and Harness.

We sell more farm wagons than all competitors combined because we sell the best wagon with the biggest guarantee for the least money. We may say the same of Harness and we have also had a fine carriage trade, because of the price and quality.

The Largest Bicycle Dealers on the Peninsula.

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Jan 1 99

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Galvanized Coal Hods	18c. each
Coal Sieves	10, 15, 18, 25 and 28c. each
Wilson's Russia Iron Air-Tight Stoves	$4.50, $5.50, $6.50
Carpet Tacks, 6, 8, 10 oz	10c. doz
Huskings Mitts, mule skin	28c. pair
Corn Baskets	2 for 75c
Rope Neck Halters	12c. each
Horse Blankets (a bargain)	$1.00 and $1.25
Steel Curry Combs	10, 12 and 15c. each
Mane Brushes	20 and 23c. each
Lanterns, with wick	48c. each
Axes, Mann's make	48 and 58c
Axes, all steel, hand made, guaranteed	85c. and $1.00
Gunning Coats, all sizes	75c
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