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I have a lot of very Select Keifer Pear trees for delivery this fall. *HAVE EVERYTHING IN THE FRUIT LINE,* but our Keiter and Koonce are specially fine.

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PHYSICAL CULTURE.

An Interesting Lecture Delivered in Baltimore by a Former Kent County Teacher.

The following lecture was given by Mrs. Anna E. Linsley before the committee of Physical Culture, of Baltimore. Mrs. Linsley taught at one time in the public schools of Kent county:

Physical culture is a term applied to exercises for the development of the body, and these exercises have been common from the earliest ages, but more especially among the ancients, and the end sought by them in the practice of gymnastics was the development of strong warriors. The attention to gymnastics decreased after the introduction of gunpowder, and through its means the gradual substitution of fighting at a distance in which science and skill were the main requisites for personal strength and muscle went far to carry the day. Gymnastics decreased and finally vanished altogether and not until the commencement of this century was interest revived. About 1806 gymnasiums were instituted in Persia and the science became so popular that it spread rapidly and attracted the attention throughout the kingdom and then to other kingdoms and countries and has continued to increase until it has regained its place as part of the education of youth and has been assigned a place in the educational system of both Europe and this country. It is said that other nations are paying more attention to physical training for the children and youth in their schools than we are here in America. It is a noteworthy and significant fact that interest in physical training has become much diversified and comparatively enlightened, for in some of our best schools, for instance in Boston, one subject upon another, topic after topic, exercise upon exercise have been added to the intellectual side of the school curriculum while physical training was quite left out until 1860 when a definite movement was made to introduce into the school course sufficient physical training to at least prevent overtaxing the minds of students, especially the girls. So the introduction of physical training as a branch of school culture was inaugurated, so to specify only such exercises being recommended as could be practiced without costly apparatus and without a room set apart and especially fitted up for the purpose.

There have been many who have adopted original systems of physical training but few have given the subject the attention in this country that it deserves, particularly as to its history, its developments, its principles and their practical application, more thorough and careful a study than Prof. E. M. Hartwell, of Johns Hopkins University. Dr. Hartwell has exhausted the literature of Greece and Rome upon the subject, examining with special care the method through which those two ancient civilizations attained such marked success in physical development. He has made himself familiar with the growth of this subject in Germany, France and Great Britain and has particularly studied the Swedish system as developed by Dr. Ling and which has improved since his day. Whatever Dr. Hartwell has written and published upon this subject has attracted the attention of educators everywhere. He has given us the most comprehensive definition of physical culture when he says, "the aim of educational gymnastics is to develop the body into a harmonious whole under the perfect control of the will. It is not to produce great muscle, but to cause that already present to respond readily to volition; to improve the functional activity of the body and to counteract and correct tendencies to abnormal development, especially those resulting from 'The Artificial Life of Civilization.' He farther says, "a gymnastic movement has a definite time, space, velocity, force and purpose, and it must be executed with full volition in order to produce the utmost effect toward physical development."

Very great attention has been given to the Swedish system and from careful investigation have found this system as represented by its advocates to be safe, sure and simple, and as a practical teacher of years of experience, I maintain from personal observation and experiment that all of these advantages are not to be found in any other existing system or code. The Swedish system is based on a knowledge of anatomy physiology, hygiene and the Greek art of gymnastics. In this system the end is attained as a rule by movements so graceful, so rythmical, so easy of accomplishment as to show conclusively that each and every muscle is sharing in the exercise at the proper time and to the proper extent. Being based on anatomy the Swedish system possesses an irremovable foundation and apart from having stood a test of considerably over half a century. This seems to me to be one of its strongest points if not the sole secret of its wonderful growth and adoption in this and other countries. This system is taught in our Md. State Normal School, Woman's College, the Young Woman's Christian Association and many private gymnasiums of Baltimore City. These gymnasiums are elegantly fitted up and the work thereby accomplished has been fraught with great benefit to the physical side as well as success in gracefully performing the movements. We find, to our regret, the introduction of these all important exercises in the public schools of our city did not produce satisfactory and permanent results; but as a rule, one connected with school matters must know how difficult it is to make permanent improvements in public schools where there is not a thorough understanding of the subject. Perhaps my readers would be as much amused at at the divers of exercises incorrectly performed in public schools as I and my fellows are. I was watching a class of about sixty boys taking the exercises in a class room. These boys were anxious to march, so as to become soldiers. When the command, "Right about face" was given, some turned to the left, and others oblique; in fact, each thought the other was wrong. We find this to be only one of the common errors transpiring after two years training in the public schools. I asked the teacher in charge to let me give the command while they were in that position. My command being very sharp, "Forward face," I found to my delight the movement was very finely executed. Then I further asked if I might continue. Then next in succession I gave a series of exercises for the muscles of the entire body. To my surprise and regret not half were executed with any satisfaction. The several teachers of physical culture in the public schools tell me they have very little better results, and therefore they fear the entire cause is due to insufficient time for the lessons and a general misunderstanding of the use of the exercises. In regard to the amount of time occupied in the general practice in most cities and private classes, it seems to be from 15 to 20 minutes twice a day.

I, as a teacher of private classes, can speak from experience in regard to the advantage accruing to pupils from a regular practice in these exercises and a comprehensive meaning to their all important use. I am told that my class of girls as well as boys have been known whenever on the street by their walk,

(Completed next week.)

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AN ACT

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SECTION 1.—Be it enacted by the General Assembly, of Maryland, That it shall not be lawful for the keeper of any hotel, tavern, store, drinking establishment, or other places where liquor is sold, *or for any person or persons,* directly or indirectly, to sell, barter, give or dispose of any spirituous or fermented liquors, ale or beer, or intoxicating drinks of any kind, on the day of election hereafter to be held in the several counties of this State.

SECTION 2.—And be it enacted, That any person violating the provisions of this Act shall be liable to indictment by the Grand Jury of the county where such offense is committed, and shall, upon conviction before any Judge of any of the Circuit Courts of this State, be fined a sum not less than fifty dollars and no more than one hundred dollars for each and every offense; one-half the fine is paid to the informer and the other half to the County Commissioners for the use of the public roads.

JOHN C. DAVIS, Sheriff.

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