Chopping Mill

AT

SMITH, YINGLING & CO'S

FACTORY.

Corn Chop, Corn and Cob Crushed, Corn Meal and Graham Flour made and on sale, Corn, Rye and Oats ground together.

Hominy made and for sale.

Grain of all kinds bought.

Your custom solicited. dec-11-tf

AMERICAN SENTINEL.

$1 PER ANNUM. WESTMINSTER, MD., SATURDAY, APRIL 15, 1899. VOL. 68--NO. 16.

NEWBURGH PANTS.

Never Rip, Never Burst,

Never fail to give Satisfaction.

For five years we have sold these goods with most gratifying success. They have made a host of friends who will wear no other make. It is to the few who have not yet tried them that we write this. Few ready-made pants are cut right, they are too tight across the hips, or too short in the stride, or too something else. Not so with Newburghs. Teamsters say they are the only pants they can get that will stand getting on and off horses, which is a very severe test. They are made of strong, tough cloth and the price is $1.00.

$1.00.

We have a good knee Pants for boys, sizes 4 to 15 years, at 25c.

SHOE BARGAINS,

In shoe department on second floor. A lot of women's fine Shoes, which we are anxious to close out quickly, but which in every way are most desirable; our only reason for being in a hurry to get rid of them is that they are just a little too sharp toes, not the real pointed, but a little behind the up to date style. $1.25 will sell them quickly.

$1.25.

[illegible] a special bargain in Boys' Shoes, sizes 11 to 12½, [illegible] 1.00, while they last, 69 cents.

BED SPREADS.

Excellent values will be found here in Bed Coverings. Not the skimpy sizes often offered, but large enough to cover any bed.

"Our Special," White Spread, attractive patterns, size 72x80 inches, medium weight, 60 cents.

"Clarendale," White Spread, very pretty and good weight, size 76x80 inches, 85 cents.

"Standard," White Spreads, very heavy, pretty new designs, large size, 80x90 inches, $1.18.

NEW YORK BARGAIN HOUSE,

Department Store,

21 East Main Street, Westminster, opposite Catholic Church.

T. W. MATHER & SONS. Telephone Call 27

Spring Announcements

FOR THE SEASON OF 1899.

Now that spring is here and the time for moving and house cleaning has arrived, you will want some

FURNITURE AND CARPETS

and perhaps some little things of importance for the house to make the home comfortable and everyone happy, and the best and cheapest place to make your purchases is the place where you can get the most and best goods for your money, and that place is the Large Furniture, Carpet and Housefurnishing Stores, of the well known and reliable firm of

THEO. DERR & SON,

who are ready and willing to make everything right that is not just as represented, and no questions asked. Some months ago we decided and advertised that we were going to close out our Furniture Business, which we fully intended to do, but through the persuasion of some of our many friends we have been persuaded to continue, which we will do with the handsomest and cheapest line of Furniture and Carpets ever before offered by us or anyone else. Our Furniture line will be found on the second floor of our large and beautiful store building. Our Queensware and Housefurnishing Department will be found on the first floor of our Large Store, where everything is fresh and bright, and new attractions will be added daily. Our Carpet Department is in the room formerly used for our Queensware and Housefurnishing Department. We were too hampered in that Department and were compelled to make the change we have, which we think is a grand improvement. Our doors are open to everyone whether you want to buy or not. Everybody welcome. The poor man is as welcome as the rich and everyone will be treated alike. We show no favors to anyone. One man's money is as good as another to us. An early call from one and all is earnestly solicited.

Open every night for the accommodation of the public.

Very Respectfully,

THEO. DERR & SON,

75 and 77 E. Main street, Westminster, Md.

P. S.—Our terms are positively cash. apr-1-99-1y

SAME OLD RELIABLE PLACE.

Copper distilled Whiskey, distilled in Maryland, where the best Whiskey are distilled. I have the following brands in barrels:

SHERWOOD, MONTICELLO, MELROSE, MT. VERNON, ORIENT, CABINET, RETUkN, PRIDE OF MARYLAND, SOUTH MOUNTAIN, CEDAR VALLEY.

White Wheat, White Corn, Altamont, Chesapeake. All of the best brands in bottles.

Best Wines $1 00 per gallon. Brehm's, the best Beer, on draught and in bottles. Best Cigars in the State. Largest stock of Smoking and Chewing Tobacco.

LEFFERT'S DOUBLE STORES,

ap-10 tf 5 and 7 E. Main St., opp. Depot, Westminster.

GOOD QUALITIES. CORRECT STYLES.

LOW PRICES.

THESE ARE THE INDUCEMENTS

SHARRER & GORSUCH

offer in the largest, handsomest and cheapest assortment of Spring and Summer Clothing ever shown in Carroll county, for

MEN AND BOYS.

Our Wool Suits at $5, $6, $7 and $8 are marvels of style, fit, finish and cheapness. Our elegant $10 and $12 suits are equal in every way to the finest tailor made clothing.

A WORD TO MOTHERS.

You will need a suit for your boy. We have them from $1.00 up. We have added this season a line of Children's elegant Clothing from the largest New York manufacturer of fine and stylish suits, for boys 4 to 16 years. These suits are from $2.50 to $5, and if you appreciate quality and style in your boy's outfit you will be delighted with these goods. Have you ever tried a pair of our custom made Knee Pants. Some handsome spring weight Overcoats very cheap.

GET YOUR SUIT MADE TO ORDER

now while you have a full selection and before the rush of busy work. In this department we are in a position and guarantee to save you $2 to $5 on every suit. Our line of Cheviots, Serges, Thibets, Cassimers and Worsteds includes everything new and stylish for Suits and Pantaloons. Working Pants, bought at a bargain sold at a bargain. Good Pants for 50c. Kind others sell for $1.00 we give you at 75c. Best 25c working pants ever sold. Puff Neckties, Imperial Neckties, Teck Neckties, 20 doz. of newest shapes and colorings, 50c values; our price while they last 25c. Famous Frederick black, tan and mixed Hose, regular price 15c a pair; our price 3 pairs for 25c. All we have left in heavy weight suits and overcoats less than half value.

SHARRER & GORSUCH, opposite Catholic Church,

sep-12-98-1y-9 Westminster, Md.

THE "UP TO DATE" STORE.

New Spring Goods are arriving daily and from now on we can show you a complete line of "Up to Date

Shoes and Oxfords,

Hats and Caps,

Underwear, Shirts, Hosiery, Collars, etc.

Also a bright new line of Eastertide Ties, Tied and Untied.

A full line of Gents' Furnishings. Trunks, Valises, Telescopes, etc. Call and examine our stock.

WILLIAM C. DEVILBISS,

ja-7-99-1y 22 West Main St., Westminster, Md.

BENNETT & CO.,

NEAR THE DEPOT, WESTMINSTER.

LUMBER, COAL, SLATE,

Sash, Doors, Blinds and all Kinds of Mill Work.

Diamond Wall Cement for Plastering.

Agricultural Implements.

VULCAN CHILLED PLOWS. The best Plow on earth. These Plows are sold on their merits and every one is guaranteed to give entire satisfaction in the field or no sale. The only Plow made that will stick in dry, hard and stony ground. Sole agents in Carroll county of the celebrated and old reliable

SCHUTTLER WAGONS,

the best Farm Wagons in the world. Deering Harvester Company's

Binders, Mowers, Rakes,

Binder Twine, Oil. The Deering Ideal Binder is the lightest runinng and best constructed Binder on the market to-day. The only machine equipped with ball and roller bearings. Ball and roller bearings on main axle, main gear shaft and crank shaft; Deering jointed platform; Deering one lever reel; Deering binder attachment and the Deering balance double butt adjuster, all of which make it the most perfect and efficient binder in the world. Come and see it set up, before buying. Superior and Owego Grain Drills, Champion Wagons, one-horse Wagons, Steel and Wood Frame Harrows, Hoosier Corn Planters, Hay Forks put up complete, Hay Tedders, Field Rollers, Riding and Walking Cultivators, Single, Double and Triple Shovel Plows. Agents for Frick Co's Engines, Thrashers, Wind Stackers, Saw Mills, &c. Satisfaction guaranteed on every article sold. ap-2-98-1y

BRING IN YOUR HOUSE AND BARN BIDS FOR US TO FIGURE ON.

We have the largest and best assorted stock of

Lumber, Sash, Doors Blinds and Mill Work

ever before offered in this city. If you want a square deal figure with us.

SMITH & REIFSNIDER, WESTMINSTER, MD.

Selling Agents for ECLIPSE WALL PLASTER and RUBEROID ROOFING.

FRUIT JAR COFFEE

Takes A Strong Hold

on all who use it, on account of the excellence of its aroma, bouquet and flavor.

Once Tried Always Used.

Put up 1 lb. net weight of Coffee in Mason's Fruit Jars at a popular price by

E. LEVERING & CO.

For Sale at all Grocers. feb-25-1y

Wm. F. Derr. | Wm. F. Derr.

THE GREAT

Model Emporium.

The Popularity of this Great Store

Is attested by its constant growth. Earnest watchfullness and being always on the alert brings to you each week many attractive lots of new choice merchandise, at prices much lower than most stores can offer. Everything new and stylish.

Reception Day for Shoes.

A thousand pairs of New Shoes and Slippers for women and children are here to-day, in all the newest leathers and toe shapes, every pair made by famous shoe makers in the swell styles and from the best materials. Come now and let us dress your feet.

WOMEN'S BUTTON AND LACE BOOTS - $3.00
WOMEN'S OXFORDS, NEW SHAPES, - - $2.50
CHILDREN'S PATENT LEATHER SLIPPERS - $1.00

and sure a vast assortment of all the lower grades, every pair the best value ever offered.

SPRING HOSIERY.

Nearly a hundred styles of new stockings are here for ladies and children. Every desirable style is found in this Model Hosiery store.

Ladies' Fancy Hose, in all the new fancy effects very choice and pretty, at 25c, 38c, 50c.

SPECIAL BARGAIN.

50 dozen Children's Fast Black Seamless, Ribbed Hose, in all sizes, only 8c pair. These are really 15c values.

DRESS LININGS.

'Tis seldom we say anything about our Linings, as everybody knows they are the BEST, but to-day we must tell you of the best Bargain we have ever seen—about 2000 yards in the lot—Fast Black fine lining Sateen, full yard wide and never sold for less than 25c yard, but here for

12½c yd.

To-day just exactly half price. This is truly a grand offering.

WOMEN'S WRAPPERS.

A lot of new Wrappers and house Dresses came to us this week. They are made from pretty Percales and Prints, in dark blue, grey and black, also a few fancies. All are well made garments and trimmed in the neatest styles.

75c, 89c, $1.00.

Every garment an exceptionally good value. Don't worry to make them.

NEW PETTICOATS.

An assortment of pretty new underskirts await you to-day, all made in the newest shapes and from beautiful materials, at very moderate prices. Skirts of fine Sateen, some all black with several ruffles or with deep flounce of striped sateen, special at $1.25.

Lovely silk like Mercerized Sateen Skirts, in beautiful colorings and the newest styles,

$2.50, $3.00.

THE GREAT

Model Emporium,

Wm. F. Derr

Westminster, Maryland, near Depot. [Western Md. Telephone 77.]

STATEMENT

SHOWING THE CONDITION OF THE WESTCHESTER FIRE INSURANCE COMPANY OF NEW YORK, DECEMBER 31ST, 1898.

Total Income during the year..... $1,309,623 97
Total Expenditures during the year 1,237,131 69

ASSETS.

Real Estate.....	$ 223,000 00
Mortgage loans on real estate.....	512,450 00
Loans secured by pledge of bonds, stocks or other collateral.....	2,500 00
Bonds and stocks owned by the company	1,491,100 00
Cash in office and in bank.....	122,885 60
Interest and rents due	3,963 95
Net amount of uncollected premiums, not more than 3 months due.....	198,315 79
Gross Assets	$ 2,559,215 34

ASSETS NOT ADMITTED.

Securities deposited in various States for the protection of policyholders in such States (market value)..... $100,000 00	
Liabilities in said States..... 45,528 31	
	54,471 69
Total.....	$ 54,471 69
Total admitted assets.....	$ 2,613,687 03

LIABILITIES.

Net amount of unpaid losses	$ 22,140 15
Total unearned premiums.....	1,022,787 50
Salaries, rent, expenses, taxes, bills, accounts, fees, etc., due or accrued.....	24,239 16
Total amount of all Liabilities	1,079,166 64
	$ 1,474,520 39
Capital stock paid up	$ 300,000 00
Surplus as regards stockholders	1,134,520 39
Amount of policies in force in United States on 31st Dec., 1898.....	196,948,289 00
Amount of policies written in Maryland during the year 1898	1,707,958 00
Premiums received on Maryland business in 1898.....	15,372 44
Losses paid in Maryland during 1898.....	5,454 19
Losses incurred in Maryland during 1898	4,417 42

State of Maryland, Insurance Department, Commissioner's Office, Annapolis, Feb. 3, 1899.

In compliance with the Code of Public General Laws, I hereby certify that the above is a true abstract from the statement of the Westchester Fire Insurance Company of New York, to December 31st, 1898, now on file in this Department.

F. ALBERT KURTZ,
Insurance Commissioner.

FUSS & ROOP, Agents, Westminster.

apr-1-3t

STATEMENT

SHOWING THE CONDITION OF THE HARTFORD FIRE INSURANCE COMPANY OF HARTFORD, CONN., DECEMBER 31st 1898.

Total income during the year.....$6,141,155 29
Total expenditures during the year 5,954,454 99

ASSETS.

Real Estate.....	$ 735,541 66
Mortgage loans on Real Estate.....	1,509,700 00
Loans secured by pledge of Bonds, Stocks or other collateral.....	14,800 00
Bonds and Stocks owned by Company	6,489,638 38
Cash in office and in Bank.....	890,193 55
Agents' Debit balances.....	611,898 92
Interest and Rents due.....	90,137 57
Net amount of uncollected Premiums, not more than 3 months due.....	408,000 00
Other Assets, Printing Plant,.....	29,331 00
Assets.....	10,699,241 08

ASSETS NOT ADMITTED.

Securities deposited in various States for the protection of policy-holders in such States (market value)....$	485,418 82
Liabilities in said States	288,229 37
	196,189 45
Total.....	196,189 45
Total Assets	$10,895,430 53

LIABILITIES.

Net amount of unpaid losses.....	520,753 01
Total unearned premiums.....	4,665,767 85
Total amount of all Liabilities	5,186,519 86
	$5,708,910 67
Capital stock paid up	1,250,000 00
Surplus as regards Stockholders.....	4,458,910 67
Amount of policies in force in United States on 31st Dec., 1898.....	848,018,850 00
Amount of policies written in Maryland during the year 1898	4,185,141 00
Premiums received on Maryland business in 1898.....	45,178 96
Losses paid in Maryland during 1898.....	32,574 16
Losses incurred in Maryland during 1898.....	28,993 15

State of Maryland, Insurance Department, Commissioner's Office, Annapolis, Jan. 27, 1899.

In compliance with the Code of Public General Laws, I hereby certify that the above is a true abstract from the statement of the Hartford Fire Insurance Company of Hartford, Conn., to December 31st, 1898, now on file in this Department.

F. ALBERT KURTZ,
Insurance Commissioner.

FUSS & ROOP, Agents, Westminster.

apr-1-3t

NOTICE TO CREDITORS.

THIS is to give notice that the subscriber has obtained from the Orphans' Court of Carroll county, in Md., letters testamentary on the estate of

THOMAS PICKETT,

late of Carroll county, deceased. All persons having claims against the deceased are hereby warned to exhibit the same, with the vouchers thereof legally authenticated, to the subscriber, on or before the 2[illegible] day of October, 1899; they may otherwise by law be excluded from all benefit of said estate.

Given under my hand this [illegible] day of March, 1899.

DAVID E. B. PICKETT,
mar-25-4t Executor.

NO. 3701 EQUITY.

In the Circuit Court for Carroll County.

Samuel D. Bowers, assignee of mortgagee, vs. Simon Coppersmith and wife, mortgagors.

Ordered this 7th day of April, A. D., 1899, that the account of the Auditor filed in this cause be finally ratified and confirmed, unless cause to the contrary thereof be shown on or before the 24th day of April inst.; provided a copy of this order be inserted for two successive weeks before the last named day in some newspaper published in Carroll county.

JAS. H. BILLINGSLEA, Clerk.

True copy.—Test:

JAS. H. BILLINGSLEA, Clerk.

apr-8-2t

CASTORIA

For Infants and Children.

Bears the signature of Chas. H. Fletcher.

The Kind You Have Always Bought

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

Select Poetry.

IN SPRING.

Again I hear the thrush's song,
In Spring!
Again I see the snowdrops white appear;
The perfumed violets their fragrance bring,
To scent the childhood of the year,
In Spring.

And you and I feel younger, dear,
In Spring!
As o'er each tender blade of grass we tread
With lighten'd footsteps—softly whispering
An echo to those words we said
Last Spring.

I wonder if t'will be the same
Next Spring!
If lovers we shall be just as to day;
If we together thus will fondly cling,
Loving each other as we say
This Spring.

Fear not, sweetheart: the sun shines bright
In Spring!
Sorrow and tears melting beneath its rays.
With joyful song of birds the woodlands ring.
Fair day has dawned of fairer days
With Spring.

—Frances Elizabeth Scott, in American Queen.

Select Story.

NOT GUILTY.

The famous Lambton diamond threw back the light from its many facets and strange, brilliant colors shot from its depth. It was the finest stone I had ever set in my life.

The ring, now that it was finished, was fit even to adorn the hand of Lady Gwendolen Forrest, the beauty and heiress of the season. But I did not envy young Lord Lambton his fiancee; in my own Nell I had a girl as good and as pretty as any in the land.

I was about to take the ring to Mr. Nugent when Nell herself ran in. She was my employer's daughter, and his house was upstairs over the large show-room in Clifford street. It was against all custom for Nell to come down to my workshop, for her father disapproved our engagement. But to-day she had not been able to resist the temptation of having a peep at the Lambton diamond.

Just as she had slipped it on her finger, and was dancing about twisting her hand, that the marvelous stone might catch the light, the door opened and Mr. Nugent entered. I prepared to defend Nell from a harsh reprimand, but none came. Her father appeared oddly preoccupied, merely took the ring from her, examined it earnestly, and, snapping the lid of the case down upon it, placed it in his pocket and walked away.

Next day I was sitting at work when I saw a hansom drive up and Lord Lambton jump out. He came hastily into the showroom, which adjoined the one where I was sitting, and where Mr. Nugent was.

"Scoundrel!" I heard him say, and could scarcely believe my ears. "You thought to fool me easily by a false stone; but I am as good a judge of jewels as you are. You are a thief, sir! What have you done with the diamond I intrusted to you?"

I sat still. I understood very well that Lord Lambton had deliberately accused my employer of trying to palm off upon him an imitation diamond, yet I knew that I had set the true stone and delivered it to Mr. Nugent only yesterday.

My employer himself was a skilled workman, though not a good designer, and in the time that had elapsed between my handing him the ring and his transferring it to the owner he could have removed the stone and replaced it by another.

As I thus speculated on the astonishing accusation, Mr. Nugent himself opened the door of the workroom. He looked keenly at me, as if wondering if it would be safe to trust me.

"Did you hear anything of what passed in the next room?" he questioned.

I admitted that I had.

"Of course, I shall be triumphantly acquitted," he announced, clearing his throat huskily as he spoke. "Still, Lord Lambton can make things disagreeable. And look here, Wade, I haven't always been as friendly to you as I might, but I can trust you. You'll be an important witness. Do what you can for me, for the girl's sake."

I was given no time to answer, for at that moment Lord Lambton returned with two Scotland Yard men. My employer was given into custody and taken to the police station to be charged, the detectives remaining to search the premises.

Mr. Nugent being a widower, with only one child, the management of the business practically devolved on me, and as the detectives ransacked the place, they put many questions to me as to where the stones were kept. The safes were all pointed out to them, but they seemed disappointed with their operations.

Late in the evening they came to me in the workroom, and holding out the ring that I had made for Lord Lambton, one of them said:

"This is your work, we understand. Is that the stone you set?"

I glanced at it, but I only replied: "I don't call myself an expert in precious stones, and all I can say is that this one precisely resembles in size, shape and appearance the one given me to set."

While this statement was practically true, that one glance had been enough to show me that I was not looking at the Lambton diamond.

I was about to lock up the place for the night, when Nell came in. It was the first time she had let me see her since her father had been taken away.

"There's something I must say to you," she panted—"something I've been wild to say all day lest it should be too late, but I dared not let any one suspect. A month ago father confided to me that he had lost a great deal of money—and he showed me how to open a secret drawer in his Chippendale bureau. 'If ever anything happens to me,' he said, 'don't lose a moment, but look into this drawer; throw away everything that you will find in the left-hand partition, and keep what may be in the right.'"

Together we ransacked the old bureau, and at length Nell touched the spring which opened the secret drawer. The light of the candle which I held struck out a gleam from a pile of exquisitely made false stones, which lay in a partition on the left hand, while on the right was the Lambton diamond.

"My poor father," she moaned, as I held her. "He is ruined forever—and I, too. The daughter of a convicted thief is no fit wife for an honest man."

"My darling! You are a wife for a king, and as for your father, I swear to you that I will save him yet."

Even as I spoke an idea had flashed into my my head which startled me by its audacity. In a moment I had thought out every detail.

I made up the stones, Lambton diamond and all, into a packet, carefully closing the secret drawer, and contriving to get away without being seen, and went straight to my brother's house in Kent, managing to avoid the service of a subpoena. Thus I was not present at the police court proceedings.

Mr. Nugent was committed for trial, and meanwhile I stayed in the country working each night in my locked room with the tools I had brought with me, until the gray dawn filtered under my closed shutters.

When I saw my old employer in the dock at the trial I was shocked at the ghastly change which had come over him.

The evidence at first went steadily against him. Lord Lambton swore that the stone in the ring delivered to him by Mr. Nugent's own hand was not his diamond. One expert testified that not only was the stone he now saw not the Lambton diamond, but not a genuine jewel at all, but a marvelous imitation. Another was not so positive. Indeed, he was not prepared to swear that it was false.

Then I went into the box. I was very cool now, for the game I had determined on had cost me many a qualm of conscience. But I had no intention of cheating Lord Lambton, swearing falsely or tarnishing my personal honor.

The preliminary question of the prosecuting counsel brought out the fact that I had designed the ring's setting and done all the work upon it.

"What sort of stone was it your employer gave you to set?" was the next question.

"An extremely valuable white diamond," I replied.

"Do you swear that you set the genuine stone, and delivered the ring when finished to the prisoner?"

"I do."

"Do you consider it possible that that stone might have been taken out and an imitation one substituted?"

"Certainly. But I could tell whether the ring had been tampered with since it left my hands."

"Take this then, examine it, and inform the court if that is the stone you set."

The ring was handed to me and a hush fell upon the court. The kind of lull which denotes that a vital point in a case has been reached.

I put my hand in my waistcoat pocket for my jeweler's glass, and the sharpest eye could not have seen that I also drew forth a new ring, made in the secret hours of night—an exact counterpart of the other, save that it contained the real Lambton diamond.

At length I returned the glass to my pocket, and with it the ring with the false stone. I could hear my own heart beating, but, handing to the court usher the new ring, said firmly in reply to the snappish "Well?" of the prosecuting counsel:

"I swear unhesitatingly that the setting of this ring has not been tampered with, and that this is the genuine diamond which was given me to set."

The doubting expert pricked up up his ears, the prosecuting counsel, with Lord Lambton and the treasury solicitor, were whispering over the ring.

"M'lud," said the counsel, "I ask permission to recall the expert."

I stepped out of the box and the expert stepped in. The new ring was put into his hand, a friendly ray of sunshine lighting up the jewel.

"This is very remarkable," he said at last. "It's the first time I have ever made a mistake. This stone is genuine. I cannot doubt it."

And so the prisoner was free; but when the verdict of "Not guilty" was pronounced, a faint groan echoed it, and a dead man was taken from the dock. A spasm of the heart had proved fatal.

* * * * *

Six months later Nell and I were married. On our honeymoon we were walking in a lane near Ilfracombe when we came face to face with Lord Lambton, who was stopping with his bride in a neighboring country home.

"Ah, Mr. Wade!" he exclaimed. "I haven't seen you since that very mysterious case of mine. Do you know, I have always since thought of you—as—a very clever man?"

"Thank you," I said quietly. "Will you allow me, my lord, to present you to my wife—the only daughter of the late Mr. Nugent."

Lord Lambton raised his hat, looked keenly at pretty Nell, shook hands with us both, and murmured:

"Ah, I understand!"

The Corner Stone of Health.

"Exercise," said a physician the other day to the editor of a contemporary, "is the corner stone of health. It differs essentially from work, in which the fundamental idea is that of labor. On the contrary, the idea of exercise is based upon activities undertaken for the benefit of the body or mind, some form of exertion intended to promote health or furnish amusement. Work is essentially toil, even though it be congenial. Exercise on the other hand, is purely recreation. If exercise be taken only from a sense of duty, it loses the distinguishing feature of exercise and becomes work. A course of exercise, say cycling, should be carried on by easy stages. Exercise is a tonic and therefore benefit is not to be derived from a single dose. If active exercise is necessary as a hygienic measure, what form is best? You cannot persuade your patients to run, it is so undignified; or to saw wood, it is too laborious. But if you can persuade them to ride a wheel, you have cured them, if it is exercise they need." The wheel was then discussed from the therapeutic point of view in this way: "Active exercise may be divided into three classes, requiring strength, speed, and stamina, and they all increase in common the circulation of the blood. Exercises requiring the exertion of strength are more fatiguing than those of speed. Cycling can be adapted to the requirements of the enfeebled invalid."

If a man could read his own biography it would surprise him more than any one else.

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