

CYCLISTS AND COLD BATHS.

AS LARGE AS HOUSES.  
Curious Ant Hill Discovered by a Naturalist in Australia.

A Physician's View on the Proper Time to Indulge. A physician, who is himself a wheeler of several years' experience and has also devoted great attention to other athletics, lays down this general proposition: "Never take a cold bath when you are tired." He points out that the greater the exercise the more poisonous waste material is created, and that a cold bath does not assist the skin in getting rid of this product, whereas a warm bath does. The doctor adds:

"When you take a cold bath you depend upon the heart to bring about reaction. If this heart be already tired by the long ride it may not be strong enough to bring about reaction, and the blood and its waste material may not be brought to the surface. Internal congestions may follow, and, as I have seen in two cases, death may ensue. It matters not how hot you may be, how much you may be perspiring, the cold bath is harmless provided always the heart is not tired. A simple rule for the bicyclist, whereby he may know whether the heart be tired is simply to count the pulse, having in a previous quiescent state ascertained what his individual pulse rate per minute is. When, after a long ride, his pulse rate is normal he may with safety use the cold bath. He should, therefore, rest after a tiresome journey until the pulse is normal or thereabout, say even ten beats per minute faster than normal, or what is far better, get into a tepid bath, one neither very hot nor very cold. When he has remained in the warm water long enough for the pulse rate to be about normal, he can then, with perfect safety, plunge into cold water, and these two procedures form the ideal way of using water on the surface after fatigue."

MUSCLE-MAKING FADS.

Exercises That Keep Athletic Girls Absent from Their Brothers.

The fad for fencing at home has led many a girl to set up in the privacy of her father's residence a private gymnasium, or, as she prefers to dub it, an "armory," where she practices with the aid of an instructor, and in company with a few of her intimate friends, says an eastern exchange.

Many a girl can do her trick on the flying rings or the parallel bar in a manner that makes her college-bred and brother hustler for his laurels. And he'll have to hustle still more when the glorious May days come and she can show the result of her secret training on the golf links and the tennis court.

The Vassar girls and students at other of the famous women colleges and co-educational institutions have established gymnasium classes and are hard at work preparing for the coming summer. The Wellesley girls train with a special view of developing the muscles, necessary to become expert at the oars, and their famous fours and eights are expected to beat all records this season.

Bowling has its devotees, and many of the fair sex have proved themelves experts on the alleys.

The most usual place for practicing bowling is at some of the large athletic clubs, which generally have one day in the week, known as "ladies' day."

BURMESE GIRLS.

Gossiping and Flirting as They Fill Their Jars at the Well.

In every household the daughter has her appointed work. In all but the richest merchants' houses the daughter's duty is to bring the water from the well evening and morning, says Blackwood's Magazine. It is the gossiping place of the village, this well, and as the sun sets there come running down all the girls of the village. As they fill their jars they lean over the curb and talk, and it is here that are told the latest news, the latest flirtation, the latest marriage, the little scandal of the place. Very few men come. Water-carrying is not their duty, and there is a proper time and place for flirtation. So the girls have the well almost to themselves.

Almost every girl will weave. In every house there will be a loom, where the girls weave their dresses and those of their parents. And very many girls will have stalls in the bazaar. Other duties are the husking of the rice and the making of cheroots. Of course, in the richer households there will be servants to do all this, but even in them the daughter will frequently weave, either for herself or for her parents. Almost every girl will do something, if it be only to pass the time.

HE HAD NERVE.

The Average Drummer Wouldn't Be in With This Young Man.

"Talk about the drummer having gall," said the man who had paid for the last round, reports the Pittsburgh News, "the worst case I ever heard of was in a plain, everyday country boy. He was wild, and got into so many scrapes at home that his folks sent him out west. He disappeared for a year or two, and in the meantime I got married. My wife and I went west for our honeymoon, and on a train about 100 miles from Tacoma I found this country boy in the car sitting beside a big, stout, coarse man, Bill, the boy, had the other fellow shackled to him. He recognized me, and began inquiring after the folks at his home. After awhile he said:

"I'm getting along all right. Folks up here, where I am, think so well of me they made me sheriff. I'm just talking this chap down to the pen. Oh, yes; I've reformed, and you can tell the folks so when you get back. I don't have time to write them."

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