

TEACHERS TALKED ON ATHLETICS. Instructors at L. D. S. U. Gave Good Advice to the Students

ON PHYSICAL TRAINING. Prof. Mills Said That "A Quitter Has No Place Either in Class or Athletic Work."

At the L. D. S. university this week, President Paul called upon the teachers of physical education to make a declaration of principles. The preface given by the president was to the effect that play and recreation are as necessary in their place as work or prayer.

Miss Brier, representing the ladies department of physical education, explained the systematic training, that nothing short of definite graded work is of much use to the student. At the end of each lesson by the physical culture the pupils should feel refreshed rather than fatigued.

Headed being an aid to general good health, physical education aims to produce grace, an easy carriage of the body and correct posture as well as to instill in the student some time at which to exercise in the gymnasium. By acting in unison, the mind and body are brought about.

Instructor Mills, the director of physical culture, showed the relation between muscular and mental power, and the necessity for a correct balance between the moral, physical and mental nature.

Prof. J. M. Mills illustrated the necessity for courage and continuity in contests for athletic honors. A quitter has no place either in class-work or in athletic work. In the best schools it is only those who are permitted to engage in hold contests or track meets. This is the stand taken by educators generally, and is the one which we propose to follow.

Dr. J. T. Miller spoke of the results of the physical measurements of students, particularly commenting upon the variable lung power as shown by the chest expansion of which these students have measured were capable. He advised all the students to practice deep breathing exercises so as to cultivate lung power and endurance. He also recommended deep breathing as a cure for catarrh and as a prevention against catching cold.

Another Bowling Match. The scores of last evening's two-men team bowling match follow: W. L. McLeod..... 193 185 188-566 W. W. Harris..... 189 176 172-537

Golf Tournament. New York, Sept. 29.—At the conclusion of the second day of the National Golf club near Glenview, Ill., four well known golfers were left in for the Premier honor. This quartet is made up of

Drudgery And Worry Sap Woman's Nervous Vitality.

There is nothing more nerve wearing than household duties and the care of children. The drudgery, worry and petty annoyances of the day, and broken rest at night soon exhausts her vitality and she becomes nervous, irritable and restless. If allowed to continue, it ends in Sick, Nervous Headaches, Stomach, Liver and Kidney troubles, and those terrible Periodical, Drawing-down pains, which come from nervous exhaustion.

FREE. Write us and we will mail today a copy of our "Great Book of Health." It is a complete course in the treatment of all the ailments of the body. It is a complete course in the treatment of all the ailments of the body.

Walter J. Travis of Garden City, for national and world champion of the Traverses, of the local club, former interscholastic champion, Douglas Laird, a Princeton University, and Allen Laird of Washington, D. C.

James Edward Britt, former lightweight champion of the world, but recently divested of that title by one Battling Nelson, is in the city.

Called it a Draw. Baltimore, Sept. 29.—Sam Langford of Boston and Young Peter Jackson of California met in a fifteen-round bout tonight. Before this afternoon's performance Britt called on his few friends here that he is, personal friends. He has many friends for that matter, and generally makes friends where he goes.

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The Health of your children is involved; no family is justified in buying an inferior cereal food.

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This Day in History. Sept. 30th.

488 B. C.—Democritus, Greek tragic dramatist, born at Abdera. 106 B. C.—Pompey the Great, Roman general, died at the battle of the Battle of the Mithras. 1784—Jacques Necker, eminent financier and father of Mme. de Stael, born died 1840.

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ADMINISTRATOR'S SALE OF REAL ESTATE.

In the matter of the estate of Emmanuel Rueda, deceased, pursuant to order of the District Court, in and for the County of Salt Lake, State of Utah, Notice is hereby given that the undersigned will sell at private sale the following described tracts of land, to-wit:

1. A certain one-fourth (1/4) interest in and to the Salt Lake Lodge (Building Claim) and an undivided one-third (1/3) interest in and to the South Hooper Lodge Mining Claim, both situated in the County of Salt Lake, State of Utah.

2. A certain one-half (1/2) interest in and to the Salt Lake Lodge (Building Claim) and an undivided one-third (1/3) interest in and to the South Hooper Lodge Mining Claim, both situated in the County of Salt Lake, State of Utah.

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PROBATE AND GUARDIANSHIP NOTICES.

Consult County Clerk or respective attorneys for further information. IN THE DISTRICT COURT, PROBATE DIVISION, in and for Salt Lake County, State of Utah, the undersigned, Clerk of said Court, do hereby certify that the following is a true and correct copy of the will of the late Wm. J. Cannon, deceased, as the same appears from the records of said Court.

IN THE DISTRICT COURT, PROBATE DIVISION, in and for Salt Lake County, State of Utah, the undersigned, Clerk of said Court, do hereby certify that the following is a true and correct copy of the will of the late Wm. J. Cannon, deceased, as the same appears from the records of said Court.

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