

### Exercising in Old Age.

At eighty, a gentleman in New York City commenced trying to walk up the stairs of the Evening Post building, and there are nine from the street to his office. Any of the elevator men will tell you that, when the elevator is at all full, off he will go cheerily up all the nine flights, seemingly none the worse for it. Within a year he also told the writer that he still continued dumb-bell and club work before breakfast daily, and

re. Being with her mind and manhood, the rock, will desert lodger himself therefore, in the dis-

stances of what old men can do when they try. None of these are more surprising than, in an intellectual field, the learning of German by Caleb Cushing after he had passed seventy, or Thier's activity at nearly eighty, or, in all ways, that Moses' doing the forty years' best work in his life after he had passed eighty, and yet with eye not dim nor natural force abated. If some men, by

outing their joints daily—for, as Maas-  
ten says, "they are oiled every time they  
are put in motion, and when they are  
put in motion only,"—can keep those  
joints from grating and creaking and  
moving stiffly, even into a ripe old age,  
why may not others as well? And which  
of these things which man can, if he  
will, do so readily, cannot women do as  
well? It needs no money, very little  
time, little or no present strength. One

thing only it does need, and that is perseverance. One-third of the time often given to the piano will more than suffice. One less study a day of those which are to-day overtaxing so many school girls, and instead judicious, vigorous, outdoor exercise aimed directly at the weak muscles, and taken as regularly as one's breakfast; and in there any doubt which will pay the better, and make the girl the happier, the fitter for all her duties,

and the more attractive as well? We trust that the day is not far off when no boy or girl will be sent to a school where care is not taken to develop vigorous, healthy bodies, and when that vigor and health will be the rule and not the exception among men and women alike, and in every walk of life.

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A Demoralized Editor.

An editor was sitting in his easy chair,

buoyant in mind and heart, with the calm serenity and blissful tranquility that none but editors know. A shrilling sound at the door brought him back to earth, and facing nervously about, he beheld a man, of deep, determined look, closing the door behind him. With a sickly feeling of forbidding, the editor motioned toward a chair, and gazed upon the intruder, helpless and breathless, resigned to meet the

The hand of the man wandered toward his breast pocket. The editor's cheek blanched and turned blue. Alas! alas! he had guessed aright the dread mission of the stranger. The man pulled out a bundle of letters and papers. The head of the editor fell forward upon his breast, and the hands dropped listlessly from the arms of his chair.

"My errand is not a pleasant one,"

"Thank heaven," explained the editor, plucking up courage. "Out with it—suspense is worse than fate."

"I have an execution on your home," continued the man, with professional sadness. "The mortgage has been foreclosed."

"Hooray! ha! ha!" roared the editor, springing up, and nearly shaking the man's arm off. "Hooray, ha, hooray!"

But what a scare you did give me! Bileer my coars, if I didn't think you had a slunk of spring poetry. Drive on—sell the old shanty—it's a rat-eaten barracks anyway, and rents are taken off my mind! Let's have your name, and down it goes for two years free subscription. You're an angel in breeches, old fellow, but you don't look like it, darn if you do. Ha! ha! Out your hair, and your hairbrush, and your

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man, that your hair, and wear a stand  
up collar. I'll save your children sor-  
row."

—♦—♦—♦—

**Greeley Agains.**

Mr. Greeley was in an awful humor  
one day, writes an old attache of the  
Tribune, when a young fellow, with all  
the flush of budding genius on his brow,  
and an official paper in his hand, came  
in.  
"Please give that to Mr. Greeley," he

"I really don't care what Mr. Greeley," he said, with a lofty air, thrusting his letter in my hand.

I complied with the request, and was told to "show the young whelp up and be quick about it."

The "young whelp" had scarcely entered the room when Greeley opened on him. The following dialogue ensued:

Greeley—"I see you want a place on my paper. What are your qualifications?"

"I have made up my mind to work

Stranger—(taken aback and hesitating)—“I—that is—you see by my letter of introduction that I am a graduate of Cornell Univ—”

Greoley—“That’s no recommendation here. What can you do? What do you know about journalism?”

Stranger—“I came from L—, where I have done—done some work on the

local weekly. And, by the way, I am  
 glad (I may say very well acquainted  
 with your brothers-in-law, the Messrs.  
 "—  
 Greeley—"Is that so? Well, then, if  
 you want to know what I think of that,  
 I must say you know a couple of mighty  
 mean men! Good morning, sir."  
 The young man left, I believe, with a  
*distinct impression* that his mission was  
 not the revolutionizing of journals.

A NEWSBOY'S RUIN.—"Yer's your News! All about the last great battle of the war!" shouted a Brooklyn newsboy, as he rushed into a crowded Fulton street car yesterday, displaying a bundle of papers. An old gentleman eagerly purchased one, and several other gentlemen drew out their pennies. But the small boy dashed out of the car, and was lost in the throng. The old gentleman

adjusted his spectacles and brought them to bear upon the paper. He read the displayed headings of the first accounts, of the great battle of Gettysburg. "Why, bless my soul," said he; "where's that boy? This paper was printed in 1863."

The passengers roared with laughter,







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Dover, N. J., April 25th, 1878.



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MONDAY, the 1st day of JULY next,

A. D. 1876, between the hours of 12 noon, and five  
in the afternoon, that it is agreed, at New  
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GEORGE W. FORESTH,  
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