

THE EMPEROR WILLIAM IS A GREAT SPORTSMAN.

Nearly Eighteen Thousand Head of Game Slaughtered by Him Since His Accession to the Throne Sixteen Years Ago, Though Handicapped by his Crippled Arm--An Interesting Article by a German Writer.

(By Wolf von Schierbrand, Ph. D.) According to the statement issued in Berlin, based on the returns of the Royal Forestry Office, Emperor William II. since his accession to the throne on June 18, 1888, has shot the following game:

Table with 2 columns: Game type and Quantity. Includes items like Big game, Small game, 2 Aurochs, 17 Hens, 1 Whale, 3 Eagles, etc.

The bears the Kaiser has shot in Norway, in the Carpathian Mountains with Emperor Francis Joseph, and a few in his own preserves at Ronniten, Eastern Prussia. The chamois and marmots he shot on Austrian soil, up in the Alps, in company with his "colleague" of Austria. The aurochs he killed in Russia, the mountain sheep and ibex in Italy, and the lynxes in Hungary.

It is astonishing what a good shot the Kaiser is, with his crippled left arm, for it must be remembered that he usually holds his gun, rifle or pistol in only one hand when aiming and shooting. This, doubtless, is due to constant practice from youth upward. When the big autumnal "Treibjagden," or battues, are on, though the Kaiser shoots from a stand like everybody else, his gun resting on an iron support. That heightens the sureness of his aim, of course, immensely, and thus he has often made as many as 97 hits out of every 100.

Official count is kept of his achievements as a sportsman, and these reports are published annually in the Berlin press. According to the latest data, the Kaiser has shot 4,327 big and 13,590 small game. The latter category includes birds, hares, squirrels, &c., while among the "big game" are to be found such items as one whale, three walrus, seventeen bears (Norwegian, Carpathian, Lithuanian, &c.), two aurochs (the European variety of wild buffalo, shot with the present Czar in the latter's immense Crown Forest, of Byalystok) while tiger and lion shooting are pleasures still in store for William II.

Owens Two Great Parks.

Most of his shooting, though, is done on his own domain. The annual hunts in his great preserves of Grunewald, near Berlin, and Wusterhausen (some twenty miles from the capital) are the rendezvous for his whole court. In these two preserves it is especially deer and wild boar which are hunted, while on the East Prussian estate of Rominten there are magnificent elks; on the heaths of Goehrde and Springe, in Westphalia, fine fox-hunting is indulged in; near Wilhelmshohe (the prison of Napoleon III. in 1870) deer and grouse are plentiful, and in Thuringia (where he is the annual guest of the Grand Duke of Saxo-Weimar) the Kaiser stalks the wary anierhahn a bird which can be shot only in the dead of night.

However, of all the sports the imperial huntsman indulges in, boar-hunting ("pig-sticking") is the most exciting, and also the most dangerous for him. It is held unsportsmanlike to waste any lead on these fierce beasts--fellows often weighing 150 to 200 pounds, and with tusks fit to rip open something stronger than Santos Dumont's airship. These boars are usually "stuck," i. e., killed with a peculiar kind of spear, the so-called "Saufeder." It is risky sport for the Kaiser, for those spears, in order to insure a good aim and a mortal stab, must be handled with both arms, the left arm steadying the blow. Several years ago the Kaiser came near getting into trouble. An infuriated boar which the Kaiser had speared, but not in a vital part, ran over him, and while still struggling on the ground, he was only saved from severe injury or possible death by the quickness of a nearby game warden, Feurstein by name, who quickly despatched the brute with his "Saufeder." This incident is not by any means the only one in which the Kaiser's life has hung by a thread, although he always enjoins strict secrecy regarding such things.

A Cripple.

The world has become accustomed to regard the Kaiser as a man in robust health, with the full use of his limbs, as physically (as well as mentally) extraordinarily alert, skilful and active. And this all the more readily, as we know him to be an expert in a number of manly sports--an excellent fencer, an admiral horseman, yachtsman and oarsman, one of the best shots in Europe and a great Nimrod, a swimmer, skater, tennis player, bowler and billiardist. Holding, to use a vernacular expression, the centre of the stage for a number of years, past, we reading his speeches, all strongly punctuated with optimism and full of vitality, experience difficulty in conceiving him as a cripple. And yet this is what he really is. The fact is not new. It has been set forth before now. Only in the rush and whirl of crowding events, in the quick succession of more novel feats, we have forgotten it. And the Kaiser himself, sensitive as he is on this point, has done his best to help on oblivion of an unpalatable circumstance. Today, the left arm of the Kaiser

THE EFFECT OF EATING.

Experiments Which Show that Overeating is Not Common as is Alleged.

It is generally believed that the ordinary individual eats more than is necessary--in fact, that the amount of food consumed is, as a rule, calculated to do more harm than good. While this belief is to some extent warranted, it has been by no means clearly proved that the majority of mankind eat to excess; indeed, it is quite as likely that the reverse is the case.

A series of experiments has recently been concluded under the auspices of the Sheffield Scientific School of Yale, to determine the point as to whether the average human being does not eat too much. Prof. Russell H. Chittenden, the director of the school, who conducted the experiments, read a paper on the subject before the National Academy of Science at Washington, on April 20, in which he stated that, as a result of the investigations, the conclusion had been reached that the average healthy man eats from two to three times as much as he needs to keep him in perfect physical health and vigor. The experiments were made on three classes of men, several professors of the school, some students, and a squad of United States soldiers. In nearly all the tests, most were gradually reduced, with little, if any, increase in starch and other foods. No fixed regimen was required in any case, the endeavor being to satisfy the appetite of each subject. The experiments, which lasted a period of from six months to nearly a year, ended a short time ago, when according to Prof. Chittenden, all his subjects were in the best of health. Their weight in some cases was almost exactly the same as when the experiments were begun, and in some slightly lower. Their bodily vigor was greater, and their strength was much greater, partially owing to their regular physical exercises during the experiments and partially due, Prof. Chittenden believes, to the smaller amount of food eaten. The daily consumption of food at the close of the experiment was much less than the recognized standard, and from a third to a half as much as the average man eats.

It is undoubtedly true that overeating is distinctly harmful to health. Some hold that more persons are injured by overfeeding than by over-indulgence in alcoholic stimulants. Further, the statement is incontrovertible that a certain class of the population of the world eat in a manner which is decidedly prejudicial to their physical and mental well-being. In the higher or richer classes such an individual is termed a gourmand, while in the more vulgar language of the working classes the gross feeder is styled a glutton. The ordinary healthy person may also eat in excess of his real need, and would probably do equally as well if he curbed his appetite for food with-

Such instances, however, occur mainly among those who can afford to eat whatever they may desire. Their number, however, is not so large as some would have us believe, even in these days of vaunted prosperity. Overeating is principally prevalent among that class who have the money to spend on self-indulgence and who frequently fall into the habit of literally gorging themselves. The majority of the inhabitants of the world who earn their bread by the sweat of their brow cannot spare out of their wages sufficient to enable them to gratify their eating propensities, but are compelled to live frugally. Many of these do not consume enough nourishing food, and it would be to their physical and mental advantage if they partook of a more generous diet.

Again, good cooking, suitable food and avoidance of monotony in diet are just as important factors in the preservation of "the sound mind in the sound body" as is the quantity of food consumed. Variety is the spice of life, and without the savor of change food does not work the good expected of it. At the same time, the diet should be wholesome, plain, and the canned and preserved foods, which are so prominent features in the cuisine of modern civilization, should be avoided as far as is possible. In the United States and in Great Britain the population do not require to be warned so much against the ill effects of over-eating as against non-nutritive and deleterious food and bad cooking. The conclusions reached by Prof. Chittenden are interesting, but prove nothing definitely. If he is of the opinion that the deductions to be drawn from the investigations are that the daily rations of the average person should be cut down, experience would seem to be against his point of view. Underfed nations have never been in the forefront of civilization, but have always been the easy prey of those peoples who have been able to satisfy thoroughly the cravings of their stomachs. The matter is of little concern to the average persons, but touches closely the well-to-do individual.

The problem of what to eat and how to cook food is of greater moment than the question of overeating. An editorial in the British Medical Journal of a recent date states "the situation aptly in the following words: 'What to eat and what to drink will always be decided by national custom and individual preference, so far as the public is concerned, but both may be influenced in the right direction by the guidance of skilled medical opinion.'"--Medical Journal.

HOPELESS.

A well known Baltimore society man was recently spending a few days with his wife at Atlantic City, and in connection with his visit he told the following story: When he seated himself in the dining room on the evening of his arrival he discovered that he could not read the menu, as he had left his glasses in his room, and his eyes were useless without them. When he passed it to his wife she exclaimed, "By the guidance of the same predicament. At a loss to know what to do, the gentleman called the waiter to him, and pointing to the menu said: "Read that to me and I will give you a dollar." "Seize me boss, but I ain't had much education meself."

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