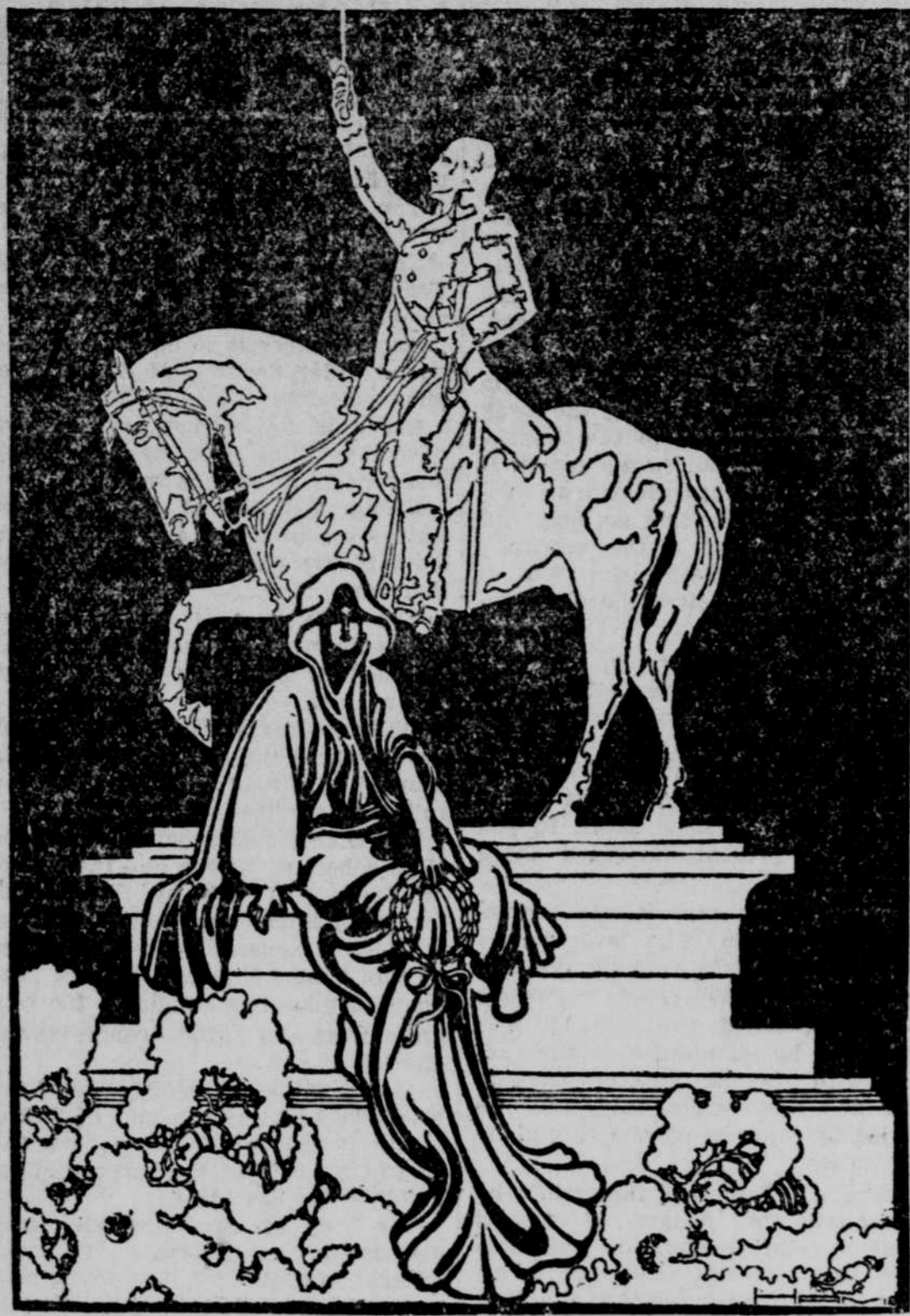


GEORGE WASHINGTON'S BIRTHDAY



THE FIRST ELECTION

Party Feeling Unknown, with Washington the Unanimous Choice of the Country.

Only ten states voted at this first election. New York, although having ratified the constitution and thereby having the right to vote, lost this privilege through a bitter contest between the two branches of her Legislature over the appointment of electors. There is no satisfactory record of the number of popular votes cast at this election, nor at any of the succeeding elections until the year 1824, when Andrew Jackson received 155,872 votes; John Quincy Adams, 106,311 votes; W. H. Crawford of Georgia, 44,282 votes, and Henry Clay, 46,587 votes. Although the popular vote cast for Andrew Jackson exceeded the number of votes cast for John Quincy Adams by a little more than 50,000, the electoral college gave Adams 16 more votes than Jackson received, and Adams was declared President, to the disappointment and rage of the supporters of Jackson.

Washington's cabinet had in it Thomas Jefferson, Edmund Randolph and Timothy Pickens as secretaries of state. Pickens was from Massachusetts, and he became secretary of state in December of the year 1795.

Alexander Hamilton and Oliver Wolcott served as secretaries of the treasury during Washington's administration, while Henry Knox, Timothy Pickens and James McHenry served at different times as secretaries of war and navy.

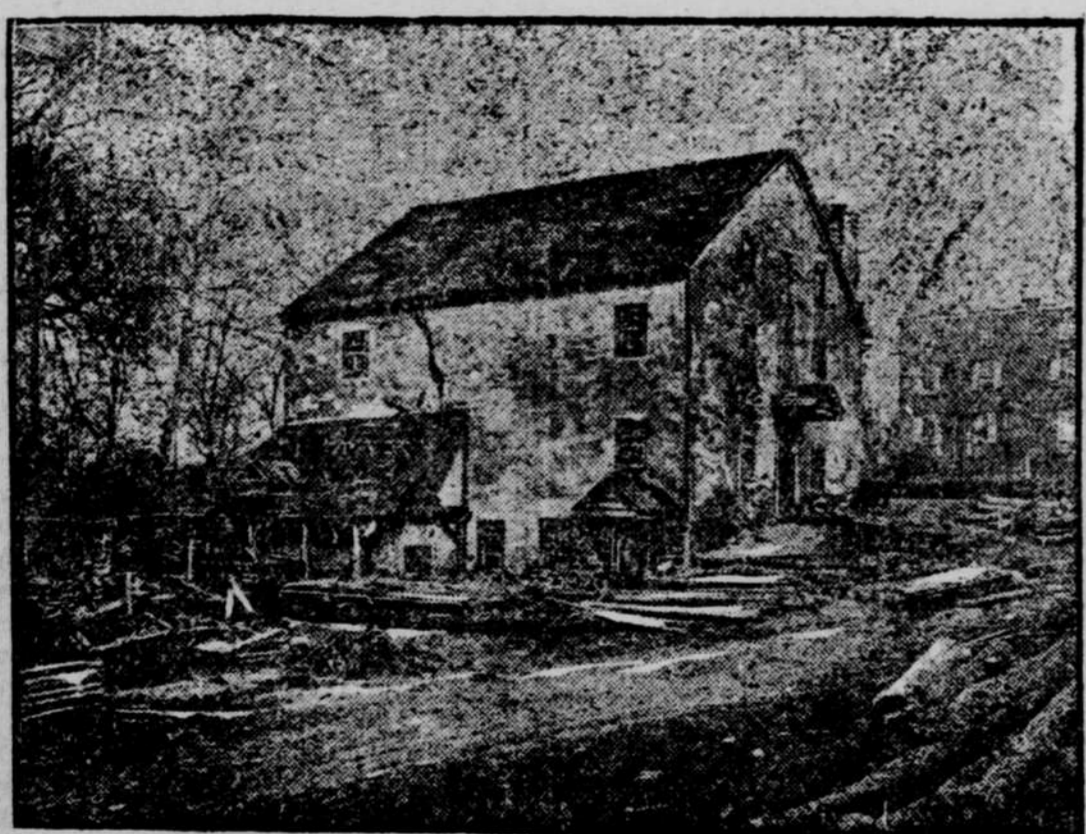
All was not harmonious in the Pres-

ident's cabinet, peaceful as his election had been. Thomas Jefferson and Alexander Hamilton were not the best of friends, and the breach widened as it became more and more apparent that Hamilton had more influence than Jefferson over Washington and was able to bring more things to pass.

Washington was an unwilling to receive his second nomination as he had been to receive the first, and he was anxious to retire from public life, but again his friends made him feel that it was his duty to accept the office. The second campaign, like the first, was without conventions, without nominations, and such a thing as a "platform" was as yet unheard of. But party spirit had made itself felt, and there were Federalists and Anti-Federalists, to whom the name of Republicans began to be given.

But both parties were eager that Washington should remain in office, although there was an effort made to oust John Adams from the vice presidency and to give that office to George Clinton, but Adams was, as is well known, elected for a second term. Party spirit ran high. Indeed it became so violent before the close of Washington's second administration that he might well have wished himself back on his peaceful Mt. Vernon farm, leaving behind all the vexatious cares of state that must be the portion of every President of the United States.

MILL GROUND FLOUR FOR WASHINGTON'S TROOPS.



When Gen. George Washington went into winter headquarters at Valley Forge in 1777, he had very few grist mills within reach to draw supplies from. About twenty miles north of Valley Forge was the Henton grist mill, erected 136 years ago. The accompanying photograph represents

the mill as it stands at the present time. Flour of rye and wheat was ground at this mill, drawn in wagons two miles to the Schuylkill river, and floated down the stream on rafts to Washington's camp. The old mill is still grinding out flour for the farmers and chop feed for their cattle.

Washington's Will

It was when he found himself bound to accept the charge of the Continental army and to expose himself to especial risk of life that Washington framed his first will. This was done in Philadelphia, with the aid of his friend, Col. Pendleton, and it was enclosed in the one letter to his "Dear Patsy" which escaped her destroying hand.

This will was undoubtedly hastily prepared and was probably destroyed, as there is no record to be found of it. Washington's final will, dated July 9, 1799, was prepared altogether by himself, and is a marvel of clearness and attention to detail and reveals the man as we know him—God fearing, noble and generous. It consists of twenty-nine pages of closely written letter paper, and each page has Washington's signature at its foot. It is fully signed, but no witnesses' names are appended to the document, which

in every other respect is a model of thought, care and legal correctness.

Despite all the changes and chances to which it has been subjected since his death, the will of George Washington still exists and finds its place in the very spot where it was probated. This cherished heirloom of our greatest American repose among other valuable Revolutionary archives at Fairfax Court House.

It is almost a miracle that Washington's will is in existence to-day, when we consider the dangers to which it has been subjected. The paper reposed in the Court House at Fairfax, until the breaking out of the civil war, when, for what was considered its greater safety, it was carried to Richmond. When the Confederates evacuated the Virginia capital the will was left to its fate, and it was found among other ancient county documents.

WASHINGTON IN YOUTH

In the year 1729 Rev. James Marye, a Huguenot refugee, and his bride landed on Virginia soil. This man was destined to fill a position of great trust and importance. He was to be the spiritual guide and adviser of Mary, the mother of Washington, and her family. After years of research it has lately been proved that it was he that gave to the young George those famous "Rules of Civility and Decent Behavior in Company and Conversation," which bore fruit in the production of that most consummate flower of American manhood, George Washington. That these "rules" played a most important part in the formation of Washington's character has been acknowledged by all of his biographers; in fact, the wisest and noblest of these "rules" are familiar in nearly every home in the country, but whence they came, whether they were the product of Washington's own brain, or whether they came from some outside and unknown source, and what this source was, has been for over a century a matter of dispute and conjecture.

This learned clergyman, Rev. James Marye, belonged to a prominent Catholic family of Rouen, France, and was educated for the priesthood in the Jesuit college of that city. In 1726 he renounced the Catholic faith, went to England and was ordained in the Church of England by the bishop of

family over this historic church, the first Rev. James Marye serving for thirty-four years, and being followed by his son, Rev. James Marye, Jr., who ministered until his death, in 1780. As was the custom of clergymen in those days, the first Rev. James Marye conducted an academy in connection with his church. It was this academy that Washington attended.

Except the tutors in families, the educational advantages in Virginia in 1745 were extremely limited. It was the custom of the wealthier families to send their sons to England to finish their studies at some of the great universities. Washington's two elder brothers received this advantage, but the death of his father made a change in the family affairs. A large property was left to them, but there was little ready money and there were several children to educate and provide for. Hence the education of Washington, to his lifelong regret, was limited. It was under the care of this Huguenot that our great statesman received his most valued instruction.

John Fiske, in his "Old Virginia and Her Neighbors," states that at this time Washington attended an excellent academy in Fredericksburg, of which Rev. James Marye was master. Paul Leicester Ford, in his "The True George Washington," page 63, gives the following interesting ac-

others, forgot it with the greatest facility as soon as he ceased studying.

Among the manuscript copies of George Washington preserved in the State archives at Washington, the earliest of which bears the date of 1745, is a large manuscript book, in which in a boyish handwriting are 111 "Rules of Civility and Decent Behavior in Company and Conversation."

But these "Rules of Civility," as they are generally called, have been ascribed by the biographers to an absolutely apocryphal source. Washington Irving, Chief Justice Marshall and Henry Cabot Lodge knew not whence they came. One of the latest of his biographers, Henry Cabot Lodge, has the following to say: "It was reserved for the storms of war to reveal the source of the 'rules.' A little volume was found in a Virginia library." On the flyleaf, he says, was the name of George Washington, written in a boyish hand. It was entitled "Young Man's Companion." It contained general truths and precepts, which, together with Hale's "Contemplations," so he says, may have furnished the basis of the "rules." This "Young Man's Companion" was by W. Mather, written in a plain and easy style, and was printed in 1742, and seemed to contain much varied and useful in-



London. There, in 1728, he married Letitia Maria Anna Staige, a sister of Rev. Theodosius Staige, a famous minister in the early days of Virginia, and who was at that very time rector of a church in St. George's parish, a few miles from Fredericksburg.

On first coming to Virginia Rev. James Marye became the minister of a settlement of Huguenots at Manassas, or Manakinton, in Goochland (now Powhatan county), on the James river, above Richmond, and so excellent was his reputation that the good people of Fredericksburg desired him for a rector. Accordingly, in 1735, as shown by the early vestry book, the church warden asked leave of Gov. Gooch, as was the colonial custom, to call Rev. James Marye to their pulpit. This request was granted, and in October of the same year he assumed charge of St. George's parish, the principal church of which was in Fredericksburg, succeeding Rev. Patrick Henry, one of the famous orators of that name. Thus began the long and eventful pastorate of the Marye

count: "On the death of his father, Washington went to live with his brother Augustine, in order, it is presumed, that he might take advantage of a good school near Wakefield, kept by one Williams, but after a time he returned to his mother and attended the school kept by Rev. James Marye, in Fredericksburg. It has been universally asserted by his biographers that he studied no foreign language, but direct proof to the contrary exists in a copy of Patrick's Latin translation of Homer, printed in 1742, the flyleaf of which bears in a schoolboy hand the inscription:

"Hunc mihi quæso (bove Vir) Libellum
"Redde, si forsau tenues reperitum
"Tut Scias qui sum sine fraude scriptum
"Est mihi nomen
"George Washington.

"It is thus evident that the reverend teacher gave Washington at least the first elements of Latin, but it is equally clear that the boy, like most

of the disbandment of the army at Congress without securing the reward due to its services, Washington, who was known to disapprove of the proceedings, though he sympathized with the feelings which gave rise to them resolved to be present. Unwilling to trust to his powers of extempore speaking, he reduced what he meant to say to writing, and commenced reading it without his spectacles, which at that period, he used only occasionally. He found, however, that he could not proceed without them, and exclaimed, "I have grown blind, as well as gray, in the service of my country!" This sudden burst of natural eloquence produced more effect than anything in his premeditated address.—"The Sunday Magazine."

formation, such as lessons in arithmetic, surveying, the drawing up of legal documents, measuring land and lumber, gardening, etc.

But Mr. Lodge is in error. Moncure D. Conway has recently brought to light the true history of the "Rules of Civility." Mr. Conway, after an investigation extending through years, with the aid of Dr. Garnett, of the British museum, found in that great institution a volume containing these self-same rules, written in French. One edition of this volume was printed in Rouen, and was among the textbooks studied by young James Marye when attending the Jesuit college of that city. This proves conclusively that it was he who translated these rules to his pupils in Fredericksburg, since he was the only man there who understood the French tongue, his native speech.

With these revelations it would seem that the dispute of historians and biographers over the history of these famous "rules" has at length been settled.

TO LIVE LONG AND WELL

How Tuberculosis and Kindred Ills May Be Avoided, Alleviated and Cured.

Suppression of Consumption.
Tuberculosis can be suppressed. It is not necessary for a person to die because he has consumption. Thousands of men and women have been sacrificed who might have been alive today if only the right procedure had been adopted. That which is necessary for the mastery of this disease is to return to nature—to live naturally in the fresh air, develop the lungs and eat proper food.

Tuberculosis is a low-level disease. People are not subject to it until their tissues have become vitiated and their whole bodies weakened.

To live a natural life is the only safeguard against tuberculosis. One climate may do as well as another if only one lives out of doors, gets plenty of cold, fresh air, bathes the body with cold water several times a day, and takes as much exercise as he can stand.

Child Labor in Factories.
The physician in attendance at a municipal lodging house in Chicago has within the past year been making a careful inquiry into the history of the tramps who have become the city's guests. He has found that a large proportion of the tramps give a history of having been employed in factories or in other debilitating occupations in boyhood. Our artificial modern life is making multitudes of human wrecks, one class of whom is represented by the homeless, friendless, disheartened men known as tramps. Fortunate, indeed, are the boys and girls who live in country homes and have the opportunity of growing up in contact with nature.

Tent Life Cures Consumption.
A doctor in Denver some time ago made some experiments with consumptives. A tent colony was established a little way out of Denver, and the patients progressed fairly well during the first part of the winter. But by and by there was a blizzard, and the thermometer went down to 20 degrees below zero, and then they began to improve very fast. One woman did not seem to improve at all until the temperature reached this mark, and then she improved rapidly. She had no appetite, but that 20 degrees below zero weather gave her an appetite, which was an indication that the body was beginning to work naturally, that the assimilative processes were being resumed, and from that time she kept on improving.

How do You Eat?
It is safe to say that modern cooking develops business for both the saloonkeeper and the undertaker. When a boy eats mustard plasters in the form of food that is almost saturated with fiery spices and irritating condiments, a thirst is created that nothing but liquor or cigars will satisfy. Man is admonished to "eat for strength, and not for drunkenness," but in these days anything that will tickle the four square inches of taste surface is considered good food, although it may contain scarcely any of the elements that nature requires to replace broken-down tissues and to rebuild the worn-out brain. As a consequence, the vitality and physical resistance soon reach such a low ebb that the individual falls an easy prey to any microbe with which he may chance to come in contact.

If my next door neighbor chooses to have his drains in such a state as to create a poisonous atmosphere, which I breathe at the risk of typhus or diphtheria, he restricts my just freedom to live just as much as if he went about with a pistol threatening my life.—Prof. Huxley.

Natural Cure for Tuberculosis.
A Swedish doctor some fourteen or fifteen years ago succeeded, by a very crude method, in curing patients who have been given up to die. His practice was first of all to rub the patient three times a day with a towel wet in very cold water. A little later he put the patient in a tub of water at about 60 degrees, rubbing him vigorously for about a minute, and later, as the patient became better able to endure the cold water, he was plunged into a tub full of ice water. This was done three times a day. Think of those poor consumptives! Nevertheless they got well. The cold water, with the rubbing following, produced such a powerful reaction that the whole body was stimulated to increased vital activity and recovery followed.

Here is another case: A young man in New York who was getting ready to go to the Klondike went into practice to convince his friends that he would not freeze to death. Out of a large buffalo robe he made a bag, pitched a tent in the back yard and slept in the tent in the buffalo bag, all the winter, without suffering any injury from the cold.

And another: A cultured lady in

New Jersey who made up her mind that she needed a little hardening, slept out of doors all last winter. She had her bed put out on the second-story veranda, and an awning put up, with a net around it to keep the night hawks away. Plenty of clothing was provided, a cap worn to keep the ears from freezing, and she got along so well that she slept out of doors the entire winter.

A National Error.
Our cities are growing so rapidly that only about one-half of our population are now living in the country. Dr. Gould, speaking of the wrong of shutting men and women up in houses and forcing them into sedentary occupations, says: "There is enough land and opportunity, if both were allowed and utilized, to give every human being a livelihood that will permit life of a normal length." He adds, that with proper hygienic living, especially in youth, and with right lung expansion and development, no person should have tuberculosis.

Home Sanitariums.
In New York city consumptives are building little huts on the tops of the houses, and are recovering. Outside New York, Boston, and other large cities, tent colonies, where consumptives can live out of doors, are being established. Every city ought to have outside it a camp where tubercular patients can live and get well. The air inside the city is not so good as it is outside; but on the tops of the houses, where the sun can shine, it is a great deal better than it is in the damp, dirty buildings in which most city people live.

Some "Don'ts" About Dress.
Don't dress the neck too warm when going out in cold weather. A little extra protection is required for the ears, but it is not necessary to muffle the neck with thick furs to protect the ears. Warm wrappings about the neck cause the skin of the neck to become moistened with perspiration. When the wrappings are removed indoors, the slow cooling which takes place in consequence of the evaporation chills the part, and may produce sore throat or nasal catarrh.

Don't wear rubbers indoors, nor out of doors, except when it is necessary to prevent wetting the feet. Rubbers, being impervious to air, prevent evaporation, so that the perspiration is retained, and the shoes and stockings become damp from the perspiration. When the rubbers are removed, evaporation chills the feet, the same as if they had been wet by the rain or by walking on a wet pavement. On removing the rubbers after they have been worn for some time it is a good precaution to remove the shoes and stockings and put on dry ones. If this cannot be conveniently done care should be taken to keep the feet warm until the shoes are dry. The rubbers should be dried before wearing again.

SOME WHOLESOME RECIPES.

Green Pea Soup.
Press through a colander one can of green peas. Add to this two cups of water, one teaspoonful of salt and one heaping tablespoonful of coconut butter. Cook in a double boiler until the butter is melted. Dried peas may be used by first cooking until tender, then pressing through a colander.

Hoeecake.
Brown slightly together in the oven two cupfuls of cornmeal, four tablespoonfuls of flour, two teaspoonfuls of sugar and two-thirds teaspoonful of salt. Heat one cupful of rich milk, add this mixture to it, beat it until cold. Add to this the beaten yolks of four eggs, lastly fold in the stiffly beaten whites. Drop by spoonfuls on a hot oiled tin and bake twenty minutes.

Vegetable Salad.
Wash three medium sized potatoes, and steam until tender. Peel and cut into one-fourth inch cubes. Add one cup of celery, chopped fine, one teaspoonful each of salt, celery salt, and grated onion, and the whites of three hard-boiled eggs, chopped fine. Mash the three hard-boiled yolks, add three tablespoonfuls of lemon juice and two of olive oil; beat until smooth. Pour this over the salad. Garnish with either lettuce or parsley.

Mince Pie.
Five cups of tart apples, chopped fine; five cups of prunes, minced; one cup of prune marmalade (prunes thoroughly cooked, seeded and pressed through the colander); two cups boiled apple juice (boil the juice down until it is almost as thick as syrup); one cup of crushed nuts (walnuts or pecans); one cup of malt honey, one-half cup of sugar, one cup of raisins, butter the size of an egg. Cook all the ingredients (except the raisins) together slowly for two and one-half or three hours. Cook the raisins about half an hour. This is enough for five large pies. It may be sealed in glass cans and kept for any length of time.

Washington's Diffidence

Gen. Washington never made a speech. In the zenith of his fame he once attempted it, failed, and gave it up confused and abashed. In framing the Constitution of the United States, the labor was almost wholly performed in a committee of the whole, of which George Washington was the chairman, but he made only two speeches in the convention, which were of a very few of each. The convention, however, acknowledged the master spirit, and historians affirm that, had it not been for his personal popularity and the thirty words of his first speech, pronouncing it the best that could be "danted upon, the Constitution would have been rejected by the people.

Washington were proverbial; but as the one was the result of diffidence and not of austerity or pride, so the other proceeded from his habitual prudence rather than coldness or want of the sensibility that inspires eloquence. In proof of this, again referring to his public career, it is related of him that when the famous meeting of officers was held at Newburgh to consult upon measures to be taken in consequence



Tribute to Power of Press.

Senator Money tells a story of the tribute a Mississippi minister recently paid to the press. The town in which his parish was located had been visited within a short space of time by several catastrophes, all of which, with harrowing details, had been duly exploited in the local papers. The clergyman was moved to make the misfortunes of his townsmen a subject of prayer. He knelt in the presence of his congregation and began fervently: "Oh, Lord, doubtless thou hast learned through the papers of our recent and grave afflictions."

Literary Secret Well Kept.

It has often been said that the best literary secret ever kept in America was entirely in the hands of a woman, namely, the authorship of a book appearing with the name of Saxton Holm on the title page. In his "Autobiography" Moncure D. Conway now prints for the first time a letter from Mrs. Helen Hunt distinctly avowing her authorship and saying frankly: "I intended to deny it till I die, then I wish it to be known."

Georgia Gentlemen's Dispute.

Two Georgia gentlemen, N. A. Morris and W. W. Osborne, have had a misunderstanding. Mr. Morris writes to Mr. Osborne in this gentlemanly fashion: "The only alternative left me is to denounce your assertion as a willful and deliberate lie and brand you as a malicious and common liar." What the assertion was is of no consequence of course.

With equal dignity Mr. Osborne replies: "The language used being the purest blackguardism, coming from a typical blackguard and being used for no other purpose than to disgust the public with the controversy, is treated by me with the same contempt in which I hold the author."

Newspaper Men Come to Top.

Hudson, Minn., used to have a resident known as "Hod" Taylor, who edited its local paper, the Hudson Star. He had a boy in his office who every body in Hudson called "Mose" Clapp. Taylor is now assistant secretary of the treasury, and Clapp has just been re-elected an United States senator from Minnesota.