

force, and enact "on all rightful subjects of legislation," provided they were not inconsistent with the United States Constitution and statutes, and neither put any person under restraint, burthen, or disability, on account of his religious profession or worship, nor assume to contro. or tax United States, formerly Crown lands. The act further declared that all the inhabitants should have the writ of habeas corpus and trial by jury; bail was to be taken in all except capital cases, where the judge had discretion, and no cruel or unusual punishments were to be inflicted. All laws in force in the territory, not inconsistent with the foregoing, were to await the action of the legislative council.

Between the act of October 31, 1803, which made the federal governor sole ruler of the province, and the act of March 19, 1804, which thus established its provisional government, congress put in force there, in one enactment, eleven important federal statutes, by simple reference to their titles (Stat. 8th Congress, Ch. XIII). Of these, the principal ones had to do with the coinage; the registration, record, and licensing of vessels; the collection of duties on imports and tonnage; debts due the United States; the title to public lands sold by United States marshals, and establishing a branch of the United States bank.

The act of March 19, 1804, completed this application of federal statutes to the territory, putting in force there by similar reference to title twenty-one other acts, the most important being those forbidding filibustering, privateering, seditious correspondence with foreign governments, establishing the postoffice, promulgating United States laws, promoting progress of the useful arts, relating to patents and copyrights, the authentication of records and the Indian trade.

By these sweeping enactments the principal laws of the United States were at once established throughout the new territory, where they would rarely be felt, except as conferring some positive benefit, such as a uniform currency or a prompt postal service. The United States district court, attorney and marshals were charged with the enforcement of these laws; and, so far as possible, the federal administration of the territory was to pay for itself out of its own tonnage and imports duties. In short, the national government was to be made as beneficent and as little burdensome to the people of Orleans as possible. To their legislature was left the enactment of laws which regulate domestic concerns and taxes which pay for them.

Meanwhile, until the United States district court should be in operation, there were added to the "despotic" powers of Thomas Jefferson's territorial governor, "the same jurisdiction and powers," in cases under the United States revenue laws, "given to district and circuit courts of the United States," and the powers of the secretary of the treasury to remit fines in similar cases (act March 27, 1804.)

The remaining acts of this session of congress affecting Orleans were equally benevolent. They provided for a lighthouse at the mouth of the Mississippi (Chap. 49); for the distribution of United States laws in the territory (Chap. 60); for a survey of its public lands and for recording its Spanish grants (Chap. 61).

At the next session (March 2, 1805) congress established a representative

territorial government for New Orleans Territory, under the provision of the Ordinance of 1787, for the government of the Northwest Territory, excepting only the clauses relating to slavery and to descent and distribution (which clashed with the civil law). The government, briefly, consisted of a governor, judges, and some other officers appointed by the president with the approval of the senate, and a legislature consisting of twenty-five representatives elected by the freeholders of the territory, and a council of five, nominated by the representatives and selected out of a list of ten nominees by the president. An absolute veto was given to the governor, and the power to prorogue or dissolve the legislature. This act went into effect October 1, 1805. The territorial laws then existing not inconsistent with it were confirmed. For an additional guarantee of liberal government, however, the act declared in force in the Territory all the provisions of the Ordinance of 1787 (excepting that abolishing slavery). Many of these, such as the right of habeas corpus, were already law there, but were now reaffirmed, and added to them were the important provisions that no one should be deprived of life, liberty or property without due process of law; nor tolls be laid on waterways; nor alien landowners be more heavily taxed than residents.

The act lastly provided that the territory might have a congressional delegate, with voice but without vote, and might, when the population reached 60,000, apply for statehood under the usual conditions.

Except in one particular considered hereafter, this was practically all the legislation that congress found requisite to organize Orleans as a federal territory and set her growing into statehood. A probation of six years followed, during which she was left to work out her own salvation. The result was so satisfactory that in 1811 (chapter 21, Statutes 1811) she was authorized to form a state constitution and apply for admission to the Union, and in 1812, with her boundaries slightly enlarged at the expense of the territory north of her (Ibid, chapter 57), was taken into the Union as the State of Louisiana (chapter 50, Statutes 1812), less than nine years after her acquisition by us as a Spanish province.

Our first experiment in governing annexed territory had been unequivocally successful; and its authority as to federal power to govern future acquisitions became final. "Whichever may be the source whence the power is derived," said Marshall, passing upon its subsequent assertion in Florida, "the possession of it is unquestioned" (1 Pet., 564).

The one particular in which federal legislation continued to affect Orleans territory after the establishment of this provisional government was in the vexed matter of land titles. The Spanish intendant had had almost entire discretion in granting or confirming title to lands which might be had by royal patent, local grant, prescriptive user and cultivation, as well as purchase and sale. In addition to the difficult questions thus raised, there were still tougher ones arising out of French grants, made between 1800 and 1803. Inasmuch as the federal government succeeded to all the Spanish Crown lands (French republic state lands), it at once took steps (act March 2, 1805) to determine and establish all existing titles and claims to title, have been plotted and recorded, passed upon by a land commission, and confirmed or rejected by congress. The task was too vast to be performed with the means or within

the time limited by the act. So the period of grace for filing claims was again and again extended (act Feb. 28, 1806; act April 21, 1806; act March 3, 1807; act March 10, 1812), and the machinery of the act made more efficient and less vexatious, by the multiplication of registry offices and the employment of deputies, to receive and file claims throughout the territory. For two years the acts worked badly, as they had to cope with chains of title unknown to our laws. At last the act of March 3, 1807, solved the principal difficulty, by allowing the commissioners to decide claims arising prior to 1803, "according to the laws and established usages and customs of the French and Spanish governments." With the adoption of this provision, the worst troubles of the land commissions ended.

On January 22, 1812, the people of the Territory of Orleans adopted a constitution, under the name of the State of Louisiana, framed by a convention sitting less than two months, whose presiding officer, secretary and more than half of whose members were of French birth or descent, which affirmed and made fundamental law all the liberal provisions established under eight years of federal control, and secured the state from any attempt at clerical meddling by prohibiting (Article II., section 22; Article III., section 6) and person exercising the functions of clergyman or priest from election to the legislature, to be governor, or to hold any office of profit or trust.

In eight years a Latin people had so quickly learned the English law that they had made it their own, except where it dealt with immemorial custom, and the last section of their constitution declared how far they had become Americans:

"All laws that may be passed by the legislature, and the public records of this state, and the judicial and legislative proceedings of the same, shall be promulgated, preserved and conducted in the language in which the constitution of the United States is written."

CHARLES W. GOULD.

In New York Sun, August 21.

TO REDUCE THE ABDOMEN.

There is an old-fashioned rhyme which it will hurt none of us to repeat and to ponder:

Hold up your head and bridle your chin

Turn out your toes and your stomach hold in.

"And your stomach hold in." That is the crucial test of body excellence, and many there be that fail to meet it. It can never be done until control of the abdominal muscles is acquired, and for this control—a difficult one to acquire—every effort must be made, and all the mind directed to the effort. Here is one of the rules by which it may be accomplished: Stand in an erect position for half an hour every day and for five or six minutes at a time practice drawing the abdomen in and letting it out.

This is one of the hardest of all things to do, and requires much patience. One will be astonished to discover at first how unresponsive the muscles are, and how next to impossible it seems to make one move. When a little flexibility has been acquired, then hold the abdomen in and lift the chest and draw down the shoulders. Keeping the shoulders down, begin again to contract and expand the abdomen. Then begin again, holding in the abdomen, lifting the chest and drawing down the shoulders; you will find your whole body straightened as well. Nothing is strained by these movements. When the muscles have

become flexible one will discover that when one leans over, even to pick something up from the floor, one no longer does so without involuntarily contracting the abdominal muscles, until day by day a greater compactness in those regions is gained, and the "stomach" learns to do the work for itself. Its size in the mean time is reduced. Many persons have gone down several inches in the abdomen by following no other prescription than

To "hold up your head" properly, you must learn not to indulge in the contortions of those persons who bend the body backward, throwing the line of the spine out of gear, in their well-meant efforts to get the head erect. Nothing can exceed the ugliness and the awkwardness of the result, for the whole body is thrown into abnormal lines. The proper way is this—a rule, by the way, which is given by a well-known teacher to her pupils—a teacher who combines with a knowledge of the body and its laws unusual mental endowments: Feel the ball of your feet as you stand and press the floor; then tip the body backward, using the hip-joint hinges and without bending the spine.

The right tip has been acquired when an imaginary straight line falling from the bust would touch the ends of the toes. Then simply lift the head until the eye is brought to a place where one can look straight out from the pupils and not from under the lids. The eye-level controls the poise of the head and regulates its relation to the spine. Walk retaining the same position, and always letting the chest be in the advance, as though one were really following that. When this rule is followed a large abdomen is concealed and almost forgotten; it is certainly never obtruded.—Harper's Bazar.

BURLINGTON ROUTE EXCURSIONS FOR SUMMER OF 1896.

Rock Island, Ill., and return, \$13.45, national encampment union veterans' union. Date of sale, August 8 and 9. Return limit, August 20.

Indianapolis, Ind., Supreme lodge Uniform Rank K. of P. Date of meeting, August 22. Limit, September 10. Rate to be announced later.

Nashville, Tenn., Christian endeavor annual meeting, July 6 to 11. Limits and rates to be announced later.

Omaha and return, \$2.20, national congress retail liquor dealers. Date of sale, August 20 to 27. Return limit, 30 days.

Omaha, Neb., and return, \$2.20, national convention Bohemian turners. Date of sale, August 25 to 30. Return, 30 days.

Cincinnati, O., and return, \$22.50, G. A. R. national encampment. Sale dates and limits to be announced later.

GEORGE W. BONNELL,
C. P. & T. A., Lincoln, Neb.

"I like to pay as I go," said Collar-box, boastfully.

"Don't doubt it," said the landlord, as he checked off the name on the register. "But in this hotel, without baggage, you pay in advance."

Mr. Ardent—I cannot understand your mother leaving us so much alone. She must have a great deal of confidence in you.

Miss Quiverfull—It is not confidence. It is desperation.

"You promise faithfully never to forget me?" said the summer girl passionately.

"Never!" said the disgusted dry goods clerk. "Is there anything more today?"

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