

CLUBS.

[LOUISA L. RICKETTS.]

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The "Don't Worry" clubs that have sprung into existence the past two years have a sound scientific basis for their teachings aside from their theories. It is being more generally recognized each day that it is not so much physical or mental work—or over work—that produces nervous exhaustion, as it is worry, anxiety or mental depression, to the extent which entails sleeplessness and disordered digestion. The article by William James on the "Gospel of Relaxation" in the April Scribners is replete with good gospel. It is based on the Lange-James theory of emotions, and places it within the power of every one to avoid the chief cause of nervous exhaustion. The person who can throw off trouble, can prevent insomnia, and digestive disorders, and therefore prevent excessive expenditure of nerve force. Nearly everybody can do this. Nobody ever finds a trial so severe as he expects, and that we worry beyond all reason is easily proven, and that we of our own accord put ourselves in a condition of misery or unhappiness, because the misery is more the product of our idea than of the thing about which we are wretched. Descartes says that if one simulates the appearance of sadness he will be sad.

The doctrine of the gospel of relaxation is not to try to reason ourselves out of an anxious and worrying state of mind, for that only keeps the attention fixed on it, but to act as if we were not anxious but cheerful and gay. By smiling and laughing and singing a gay melody we are bound to become cheerful or gay; and there is little doubt that by cultivating a look of serenity and composure one can become serene and composed. Mr. James' "Gospel of Relaxation" develops no new doctrine but the presentation is new and helpful. It will do at least some good in enabling Americans to see themselves as others see them; with eager anxious strained countenances in making flighty, fidgety

movements, and possessing tempers that go off like a parlor match.

The little kernel of Professor James' lecture that we may each appreciate is that we should pay primary attention to what we do and express, and not care so much for what we feel. That the mere giving way to tears for example or to the outward expression of anger or anxiety will result for the moment in making the inner grief or anger more acutely felt; that by regulating the action which is under the direct control of the will, we can indirectly regulate the feeling, which is not. Put this philosophy into practice and we shall be proof against "bad days" and "blue" conditions. We then shall soon learn the secret of a negatively happy life, which is a thousand times better than the most splendid positively unhappy life. How small our Lion in the path seems when we draw near enough to discover it a kitten. In the glorious sunshine of a morning like this it is hard to recall that the world looked forlorn under a cloud yesterday. At times we feel very wise, and assume that we have passed far beyond the wisdom of our childhood. But in fact we are scarcely more philosophical than the little fellow who, the other day stopped short in the midst of a cry and asked with sobbing voice "Ma what was I crying about?"

At the National American Women Suffrage Convention lately held at Grand Rapids, Mich., resolutions were passed which give a birds-eye view of the progress of the equal rights movement in different parts of the world. They read in part as follows:

We congratulate the women of Ireland who have just voted for the first time for municipal and county officers, and we call attention to the fact that 75 per cent of the qualified women voted, and that the dispatches say they discharged their duty "in a serious and business-like spirit, with a keen eye to the personal merits of candidates.

We congratulate the women of Colorado, whose Legislature lately passed a resolution testifying to the good effects of equal suffrage by a vote of 5 to 3 in the House and 30 to 1 in the Senate.

We congratulate the women of New Orleans, who are about to vote for the first time on a tax levy for sewerage and drainage, and we commend their patriotic activity in collecting the signatures of 2,000 tax paying women of that city in behalf of clean streets and a pure water supply.

We congratulate the women of France who have just voted for the first time for judges of tribunals of commerce, and we call attention to the fact that in Paris, of the qualified voters, men and women taken together, only fourteen per cent voted, but of the women 30 per cent voted.

We congratulate the women of Kansas on the increased municipal vote of April 1899, over the entire state, Kansas City alone registered 4,000 women and cast over 3,000 women's votes at municipal election.

We thank the Legislators of Oregon who have just submitted an amendment granting full suffrage to women by a vote of 48 to 6 in the House and 25 to 1 in the Senate, and we hope that Oregon will add a fifth star to our equal suffrage flag.

Dr. Edward Everett Hale has resigned the pastorate of the South church, Boston, where he has served forty-three years. His resignation came in the form of a letter addressed to the standing committee and proprietors of the church. In this letter, which is couched in tender, loving words to the people among whom he has worked for nearly half a century, he says that he realizes that the best interests of the church need a man who can serve as minister as well as preacher. The resignation

of Dr. Hale was entirely unexpected, and thus far the committee has taken no action. The reverend doctor has for many years occupied the foremost place in his denomination in New England, even of the whole country, not only as a preacher, but as a writer and author. He is one of the men whom this latter half century has produced who belongs to the people, and who in his words, his deeds, his life has truly been an inspiration for higher living.

During the present session of the supreme court of Michigan, which convened last week the somewhat famous case brought by Attorney General Oren to test the right of a woman to hold an elective office in that state will be heard. The lady who is directly interested in the outcome of the case is Mrs. Mirrie H. Abbott, who, last fall was prosecuting attorney of Ogemaw county. Last Saturday her counsel, ex-Chief Justice Allan B. Morse filed his brief. After stating the fact of her election and qualification, he says:

"Now comes the attorney general of this state and says that she is an usurper, and cannot hold the office. What is the reason given? Does the constitution of the United States or the State of Michigan prohibit her from exercising her duties? No. Does any law of the state prevent her? No. Was there any irregularity in her election, or has she failed properly to qualify? No. Is there any legal or moral reason why her election should be declared void, or affecting her right to hold the office? No.

There is only one reason assigned, and that is: God made her a woman instead of a man. This might have been a good reason in the dark ages of the law when women were a little better than serfs, but in the light of our day, and in our state, where women are now equal before the law, not only in personal and property rights; but in all the essentials of freedom, it has no foundation in common sense, justice or law.

Does Mrs. Abbott require an enabling act from the legislature of the state to practice her chosen profession? Can she defend a man for murder, but not prosecute him for stealing a whip? When she was admitted to the bar of this state, when she received the certificate to practice law in all the courts of this state, she was the equal of any man in her profession. She was given the same rights and privileges.

Is this quality to be destroyed because the legislature has not said in plain enactment that she can hold the office of prosecuting attorney, whose chief, if not only, duties are those connected with the practice of the law? This seems to be the contention of the attorney general. Would he also hold that she could not assist the prosecuting attorney of the county in the prosecution of a criminal case, if not otherwise disqualified, because she is a woman? If not why not? If she can do this, why can she not prosecute a criminal case herself as prosecuting attorney?

The decision of the court will be awaited with much interest, but no matter what the decision, there will be much condemnation for the Justices.—Iowa State Register.

Mrs. Evelyn H. Belden, of Sioux City, Iowa, was very active last summer in volunteer aid work. Sending large supplies of delicacies to the sick and wounded soldiers. Finally she went herself to Chicamauga Park, having a son there among the Iowa volunteers. In a recent address Mrs. Belden gave a graphic account of what she saw in the camp and hospitals. She said: "I found the condition of things far worse than I had expected. Yet the camp was at the end of a railroad, in the midst of a land of abundance, whose people were eager to contribute every comfort for the soldiers.

I found the boys yellow and hollow-eyed who had left home strong and rosy. There were plenty of supplies right at hand, but it was almost impossible to get an order to issue them. Sick men lay for days delirious under a burning sun, because it took several days to get an ambulance to carry a fever patient to the hospital. Do not discount anything you hear about the horrors of Chicamauga or the division hospitals; the worst has never been told. The blame does not belong to any one man or to any one party. Every department that was so conducted without the aid of woman has been writhing for months under the probe of an official investigation, and is still writhing under the lash of public opinion. If there had been women on the commission, would they have pitched the camp five miles from water? Or would they have ordered the soldiers to boil and filter their drinking water, and provided no filters and no vessels in which to boil it? It is said that woman suffragists do not know how to keep house. If so, the men who managed this war must all be woman suffragists."

Mrs. Belden is president of the Iowa Equal Suffrage Association which devoted itself all last summer to relief work, and she considers the mismanagement of the army housekeeping an object lesson of the need of co-operation of men and women where there is any question of housekeeping, or home making, or hospital work, or camp locations, or questions of sanitation, in fact, she is a staunch believer of woman's co-operation in general. She further said:

"Clara Barton, Helen Gould and scores of other women have endeared themselves to the whole country by their work for the soldiers. If any man had given a tithe of what Helen Gould did, he could have any office in the gift of the administration. So could she if she had been a voter. She might even have been Secretary of War. We raise our sons to die for their country, perhaps—no woman grudges her sons to their country—but we protest against having them die unnecessarily of disease and neglect, owing to bloody red tape. At Chicamauga, only three women ever forced the lines of my son's regiment. The other two stayed two days, and then fled; I stayed a month."

Mrs. Belden thinks the real reason why Surgeon General Sternberg did not want women nurses, was because they are not subject to the etiquette of silence that prevails in the army, and would be free to tell what they saw.

A novel ceremony was performed by the students of the Woman's College at Richmond. After the closing exercises in the chapel the graduating class of twenty-five young ladies marched out upon the campus singing the class songs and carrying bundles of papers and kindling wood in their hands. They built a pile of wood and paper, and formed a circle around it, singing all the while. The president of the class then stepped forward struck a match on a stone and lit the pile. As it burned she

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