SPEAKERS OF CONGRESS

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vania railroad. Cariisle remained in the senate until Mr. Cleveland in his second presidential term selected him for secretary of the treasury. He held this difficult position all through the stormy years of Cleveland's second term-years of financial panic, commer-

term-years of financial panic, commer-cial distress and political defeat. Mr. Reed's first term as speaker was truly one of storm and stress. When he retired from the chair at the close of the Fifty-first congress the custom-ary vote of thanks was extended to him only by a strict party vote. He was succeeded by the late Charles Fred-erick Crisp of Georgia, who was speak-er in the Fifty-second and Fifty-third congresses. Mr. Crisp was re-elected to the Fifty-fourth congress, but died be-fore the end of that congress while en-gaged in making the race for United Biates senator. The unexpired portion of his term was filed out by his young son. Charles F. Crisp, jr. The very first speaker that the con-gress, under the constitution, had wat Frederick A. Muhlenburg of Pennsyl-vania, who was also speaker of the

vania, who was also speaker of the Third congress. The greatest question before the house during his second speakership was that to carry the Jay treaty into effect. The house divided equally for and against it, Muhlen-burg gave the casting vote in favor of

burg gave the casting vote in favor of it. After retiring from congress he was receiver of the general land office. Jonathan Trumbull of Connecticut was speaker of the Second congress. After leaving the chair he became United States senator, but resigned to become governor of Connecticut. This shows the little esteem in which the office of United States senator was held office of United States senator was held in those days. Even some years later a United States senator resigned to be

a United States senator resigned to be-come mayor of New York. Jonathan Dayton of New Jersey was speaker of the Fourth and Fifth con-gresses. He served afterward in the United States senate and the Jersey state senate. He was arrested on sus-picion of complicity in the Burr con-spiracy, but as Burr was acquitted no further proceedings were taken against Dayton. further Dayton Theodore Sedgwick of Massachusetts

tarward he sat on the Sixth congress. Af-tarward he sat on the supreme bench of his state till his death. Nathaniel Macon of North Carolina, the original "father of the house," was speaker of the Seventh, Eighth and Ninth con-gresses. He continued in the house un-spicuous. After the civil war he was the became United States senator for tweive years, after which he lived ratired, except for presiding gress. He served several years as over the North Carolina constitutional convention in 1835. Joseph B. Varnum closed his public career as a member-

days later made a public speech in Nashville favoring standing by the southern states. This is the last we hear of him in public.

James K. Polk was speaker in the

appointed United States senator to succeed Daniel Webster when the lat-ter entered Fillmore's cabinet as secre-tary of state. Winthrop was defeated for election to the senate and never af-terwards held public office, though he ran for governor as the whig candidate His defeat, though he had a plurality of the votes, led to a change in the constitution, whereby a plurality would elect, instead of requiring a majority. Mr. Winthrop was one of the great ora-tors of his time. He delivered the ora-tion at the laying of the corner stone of the Washington monument, and alse that at its completion, nearly forty years later, as well as that at York-town, Va., upon the celebration of the 190th anniversary of the surrender of Cornwallis.

Cornwallis. Howell Cobb of Georgia was speaker in the Thirty-first congress, being elected after sixty-three ballots, nine-teen days after assembling. He sup-ported Clay's compromise measures of 1850, and was elected governor of Georgia in 1851 as the candidate of the union party. On the expiration of his term as governor, he was re-elected to congress. In 1857 he entered President Buchanan's cabinet as secretary of the treasury. He resigned on December 10, 1860, and went back to Georgia, where he urged on the secession move-ment. He presided over the provisional confederate congress. He was op-posed to Davis, but at the demand of the Georgia delegation was appointed brigadier and afterward major general. He saw little military service. He op posed the reconstruction measures, and died in New York city in 1868. Lian Boyd, speaker in the Thirty-second and Thirty-third congresses. subsequently became lieutenant gov-ernor of Kentucky, after which he lived in retirement. Nathaniel P. Banks was speaker in Cornwallis. Howell Cobb of Georgia was speaker

Nathaniel P. Banks was speaker in Nathaniel P. Banks was speaker in the Thirty-fourth congress, being elected after a contest of nine week" on the 133d ballot. This seasion, from December 3, 1855, to August 18, 1859 was the stormiest ever held. The second (a called or "extra") session was the shortest ever held, langing ten days, from August 21 to 30. Banks con-tinued in congress till 1857, when he was elected governor of Massachusettr. was elected governor of Massachusetre, being re-elected in 1858 and 1859. In 1860 he accepted the presidency of the Illinois Central railway, but resigned when the civit war broke out. He was

the first session of the Porty-fourth congress Henry Clay was chosen speaker oftener than any other per-son, six times. Andrew Bitevenson of Virginia comes next, four times. Both resigned the speakership, Clay twice, Stevenson once. They at the only ones who have resigned the speakership. Four-Mason, Colfax, Biaine and Carlisle-each served a: speaker during three successive terms Reed has served three terms, but two congresses intervened between his first and second speakerships. Two others have served as speaker of two con-gresses not consecutive, Muhlenburg, and Taylor. The speakers who served two complete terms are Muhlenburg, Varnund, Dayton, Polk, Boyd and Crisp. Randall served two complete terms and one session, while Taylor served one complete term and one ses-sion. sion. The thirty-two speakers were divided

The thirty-two speakers were divided among fourteen states, as follows: Con-necticut, 1; Georgia, 2; Indiana, 3; Ken-tucky 4; Maine, 2; Massachtusetts, 4; New Jersey, 2; New York, 1; North Car-olina, 1; Ohlo, 1; Pennsylvania 3; South Carolina, 2; Tennessee, 2; Virginia, 4. Four of the thirteen original states have never furnished a speaker: Del-aware, Maryland, New Hampshire and Rhods Island. The other twenty-seven states that have not had a speaker are Alabama, Arkansas, California, Colorado, Florida, Idaho, Illinois, Iowa, Kansas, Louis-lana, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, North Dakota, Oregon, South Dakota, Texas, Utah, Vermont, Washington, West Virginia, Wisconsin and Wyom-ing.

But one man ever speaker has yet But one man ever speaker has yet been elected president, though the pres-idential bee has buzzed industriously about the chair of many a speaker since it began with Henry Clay. That man was James Knox Polk of Tennessee, elected speaker. That's a pointer for the and he was the thirteenth man to be Thirteen club.

PROPER FOOD FOR ALL AGES

Oliver Wendell Holmes said: "It is better to be young at 80 than old at 40." We want to live to a green old age. Many things contribute to longevity, a pleasurable occupation, freedom from care, ease of circumstances. But the principal element in health is the food one eats.

Many people have an idea that the same diet is good for old and young alike. Sir Henry Thompson, the noted English authority, says: "More than half the disease which embitters the middle and latter part of life is due to avoidable errors of diet; and more mischief, in the form of actual disease, of impaired vigor and of shortened life, accrues to civilized man from erroneous habits of eating than from the habitual use of alcoholic drink, considerable as I know that evil to be." Little difference is usually made in

Little difference is usually made in diet after growth has ceased, say after the 25th year. Habius are often changed to a less active or sedentary mode of living. Food ought to vary according to habits and age. Tissue-building foods ought to be taken in youth. They consist of nitro-genous and mineral elements. Re search has shown that tissue waste is not largely determined by physical labor, and that nitrogen equilibrium is well maintained on a less quantity of protein than is generally supposed. This waste has been estimated as low as one ounce in twenty-four hours for an average man engaged in ordinary

labor. It would be interesting to group facts,

MY SWEETHEART.

Whenever I play on the old guitar The songs that my swetheart taught

me, My thoughts go back to the summertime When first in her tolls she caught me

and once again I can hear the sound Of her gleeful voice blown over The meadow, sweet with the scent of

thyme, And pink with the bloom of clover.

The faded ribbon is hanging still Where her dimpled fingers tied it-I used to envy it stealing round Her neck, for she did not chide it; And the inlaid pearl that her ringlet

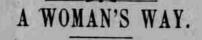
touched As she leaned above it lightly,

Glows even now with a hint of gold That it once reflected brightly. Whether her eyes were blue as

whether her eyes were blue as the skies In a noonday in September, Or brown like those of a startied fawn, I can't for the world remember; But when she lifted them up to mine, I know that my young heart tingled In time to the tender tune she sang And the airy chords she jingled.

Till now, though I sweep the dusty

Till now, though a strings By her girlish spirit haunted, Yet out of the old guitar there trips A melody, blithe, enchanted. My puises keep on their even way And my heart has ceased its dancing, For somebody else sits under the spell Of the songs and sidelong giancing. -M. E. Wardwell.



If you are a woman-I cannot speak for a man, for I haven't the least idea for a man, for I haven't the least idea how naturally forgiving he is—you have at one time or another in your days vowed to yourself that you would say all manner of cutting and cruei things to somebody who had vexed you the very next time you and that some-body should meet, and then when that looked-forward-to moment arrived found, instead of resentment, a great lot of tenderness welling up in your lot of tenderness welling up in your heart. You have called yourself weak and foolish and miscrable for forgiving so freely. But I have called you di-vine, whenever I have chanced to know of your tenderness and your shrinking from wounding another, for it was only that which held your lips fast shut. As the world swings on and years come and go, the truth of this that a poet, who found life very much in his time as we find it today, wrote seems truer and truer: "To err is human, to for-

give is divine." To err is human, to for-give is divine." In a cottage or a palace a woman's heart is the same. There may be more culture in the one place and less in the

culture in the one place and less in the other, but culture, after all, does not reach as far down as the heart. Some-times it does sink deep enough, I know, to form a sort of crust, but this is eas-lly broken. So easily broken, indeed, that sometimes we are more than a lit-tle amazed at the complete surrender to sentiment and the tender forgive-ness of some woman we foncied hed

only bring unbecoming and harsh lines about your otherwise pretty mouth is cultivate this thing that is so contrary to a woman's nature.

to a woman's nature. The unforgiving woman-she exists to be sure, though, thank fortune, she is rare-finds a thousand things a day to vex her; and think what a burdes of woes she will have accumulated is one short year if she does not ever put by and forget and forgive a few put by and forget and forgive a few of them as they come along! Why, by the time she has reached middle age and maybe a long while before, she will be quite aged and worn with the weight of them! And it does not inspire us to be better and more considerate in the future if we know that somebody keeps very clearly in mind that day a long while ago, when we failed her. All the world is the better because it is a part of woman's best nature fe

All the world is the better because it is a part of woman's best nature to forgive. When she has quite come to the conclusion that it is weak instead of divine to forgive she will find that there is now when she is willing to ad-mit that she "just cannot say unkind things." I have made particular note of the forgiving woman of late because there

forgiving woman of late, because there is a notion becoming rather popular that she is fast passing away. But de not be alarmed, my dear man, or wo-man, who fears that heads are being cultivated at the expense of hearts It is still beyond the ken of mortals much a woman will forgive.

FADS OF A GREAT ACTOR.

It would take \$100,000 to equal the earnings of William Gillette, theactor playwright. Mr. Gillette has three playwright. Mr. Gillette has three sources of income, according to report One as an actor, one in the shape of royalties, and one as a sharer in his manager's profits. He is now working upon a dramatization of "Sherlock Holmes," in which he will pray his favorite mysterious role. Mr. Gillette has three fads. He is retiring to a degree Last winter he

were talked of as possibilities. He is almost an incessant smoker

he had disappeared, and search parties were talked of as possibilities. He is almost an incessant smoker He believes that smoking on the stage is typical of that reserve force which so strongly marks his acting. It is suggested that his love of tobacco may have something to do with this belief but those who recall the cigar scene In the telegraph office in "Secret Ser-vice" will not credit this suggestion. His third fad is the houseboat. Mr. Gillette's floating home is a cross be tween a canal boat and a gypsy wa-gon. It is propelled by steam, very slowly, and is a sight to make ordinary sallor men quake with fear. It is lux-uriously furnished within, however, and during the summer months it is a familiar figure on the Connecticut river in the vicinity of his home in Hartford Last year Mr. Gillete invited Charles Frohman of theatrical fame, and an other friend, to come with him to New York on thé boat instead of going by train. Mr. Frohman had an important the source of the and the oper-ation. Mr. Frohman had an important the source of the analy events of the part of the source of the neadle, can reg-ulate the pressure of the knife, and the oper-state the pressure of the knife upon the part events. Frohman of theatrical fame, and an-other friend, to come with him to New York on the boat instead of going by train. Mr. Frohman had an important business engagement the next evening

There is the story of a happening in a Yorkshire fisherman's house. There are no simpler folk than are to be found in such dweilings, and yet you may easily fancy the same thing as occuring in a house with stately turrets and marble stairways, as well as in a cottags whose only steps are the two little wooden ones that lead up to the language would be different and the "I forgive you" not so direct, but then -well, here is the Yorkshire story: One rainy day in spring an old fishermag returned to his native village after an absence of fifteen years, and fearfully sought the house of his deserted wife. Entering without knockling, he seated himself near the open door, took a long and vigorous pull at his pipe, and nodded jerkily to "towd woman." "Mornin' Maria," he said, with affected unconcern.

MANILA HEMP.

Manila nemp, called in Spanish abaca, s grown successfully in the Philippine islands only. Attempts have been made to grow the plant elsewhere, as, for example, in Salgon, China, and in British North Bornea; but the results have not been satisfactory. The plant from which the hemp is made belongs to the banama family and esembles very much the ordinary ba-sana tree, its leaves, however, being farker and shorter than the leaves of that tree. The hemp plant flourishes best on hilly lands and mountain sides weher it can be well shaded by trees of thick foliage. Although it requires a considerable amount of molsture, it does not do well in swampy lands. The province of Albay, in the island

does not do well in swampy lands. The province of Albay, in the islands. The province of Albay, in the island of Luzon, is the greatest hemp produc-ing district in the archipelago; but the finest quality of hemp comes from the island of Leyte, which also nearly equals Albay in amount of output. The other hemp producing districts are: Provinces of Camarines Sur, Camarines Norte, and Tayabas, in Luzon island; the islands of Bamar, Marinduque, Min-danao, Cebu and Negros. Four years from the time of plant-ing the seed are needful before the plant leaves are ready for the knife, but only three years if shoots be set out.

plant leaves are ready for the knife, but only three years if shoots be set out. The general custom among planters, however, is to transplant six months' old suckers. The shoots are set out in squares, about six feet between each shoot, and in starting a hemp planta-tion in forest lands, the large forest trees are left standing to shade the young shoots. After the first three or four years of walting a hemp planta-tion is usually a safe and profitable investment, as the plants are seldom damaged by typhoons because of the protection furnished by the forest trees; locusts do not attack the leaves in the upon a dramatization of "Sherloch Holmes," in which he will pray hit favorite mysterious role. Mr. Gillette has three fads. He is retiring to a degree. Last winter he kept to his hotel so closely that a re-port gained credence in New York that he had disappeared, and search parties were talked of as possibilities. He is almost an increase and search parties

ator, by working the treadle, can reg-ulate the pressure of the knife upon the bast. The edge of the knife should to sentiment and the tender forgive-ness of some woman we fancied had been "cultivated" away from what we expect to find in the woman who lives in the cottage where life is very simple and "social problems" are not dis-days of the third to have been the unhappiest five asys of the story of a happening in a Yorkshire fisherman's house. There are no simpler folk than are to be found in such dwellings, and yet you may easily fancy the same thing as oc-curing in a house with stately turret.

crude apparatus described have been tried, but all have failed to answer the purpose, as all of them have discolored the fibre. Machines with metal cyl-inders and machines with glass cylininders and machines with glass cylin-ders, to wind the fibre on, have been tried, but all injured the hemp. Dealers and growers try to enforce the use of knives without teeth or indentations, so that the fibre may be fine, clean and white, but they have met with little success. Manile hempefor this is the name

Manila hemp-for this is the name One of the most necessary adjuncts product from all of the Philippine islands—is classified by Mantia firms cond and third qualities. The middle men, or copiadores, in dealing with the native lectors of small quantities, divide hemp into two classes: First quality, corriente, and second quality, colorado. Although there are a few hemp plants that will give a whiter fibre than oth-ers, it is probable that all would yield first-class hemp, abaca corriente, if the natives could be made to cut the plant during the flowering season only, draw the fibre under a toothless knife the same day that the bast is stripped and sun-dry at the first ouportunity. The native too, often strips the plant whennative too, often strips the plant when-ever he needs a few dollars and leaves the basts exposed to the rain and all sorts of weather until they are softened by putrefaction and the fibres weak-ened, because they are then easier to work under the knife. In Manila the large export houses fix the price on corriente abaca, and allow a proportionate price for second and third qualities. The average price in Manila for first quality hemp per picul (one picul equals 140 pounds, two piculs to a bale) was from 1882 to 1889 as follows:

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and died while on a tecturing touring touring the second sector party for the morthwest.
Tangdon Cheves left congress why profession, he became sinds over A havyer by profession, he became sinds over A havyer by profession, he became sinds over A havyer by the diameter in the Forty-third congress. It is the second sector of South Carolina. John and Forty-third congress, all the second sector of the Ninesen to the threshold of history. During the late sensite by the formed the threshold of history. Third congress threshold of history. The sector for the reading to the second sector of the Ninesen to the Sector configuration. I believe the second sector of the tenden when the threshold of history. Third congress threshold of history. During the second sector of the tenden when the second sector for the reading the Sector sector of the second sector of the tenden when the second sector of the sector detection the threshold of history. Third congress threshold of history. Third congress threshold of history to the sector of the solution the second sector for the threshold of history. Third congress threshold for the second sector for the threshold of history. Third congress threshold of history. Third congress threshold of history the second sector for the second sector for the second sector for the second sector for the threshold of the second sector for the second secon

England from 1836 to 1841. John Bell remained in congress till President Harrison made him secre-tary of war in 1841. He resigned when Tyler separated himself from the whig party. Declining a proffered election to the senate by the Tennessee legisla-ture, he practiced law till 1847, when he was elected first to the state and these to the United States senate for the term ending March 3, 1850. He maded in 1860 the ticket of the consti-tion and union party, Bell and Everett, be the a practisention favoring armed h mathematic by Tennessee, but a few Fifty-five congresses have come and in gone, and the Fifty-sixth is standing on the threshold of history. During these fifty-five congresses thirty-two different men have been elected speaker for periods varying from one session of a term to several full terms of congress. This does not include the members elected speaker pro tempore, who have usually served only one day, the longest periods of service of these temporary speakers being those filled by famuel 8. Cox of New York and Million G. Bayler of Ohio during the protengest linear of Speaker Earr at

buminate food. It is well known that greas. He served several years as United States marshal, and finally closed his public career as a membe-of the house over which he had once polsonous ptomaines formed within the body are nitrogenous in origin and that

"Mornin' Maria," he said, with af-fected unconcern. She looked up from the potatoes she was peeling, and tried to utter the ly to grow really good live stock of any scathing tirade she had daily re-hearsed since his departure, but it would not come. "Ben," she said instead, once more resuming her work, "bring thesen to l' fire, an' Ah'll darn that hole i' thy fermer. Ah meant doio' t' day tha' "Ben," she said instead, once more resuming her work, "bring thesen to ' fire, an' Ah'il darn that hole i' thy jerwey. Ah meant doin't' day that went away, but summit put me off." I can ensily fancy-cannot you?-that the diffaherman looked unhappy and worn and the good old wife could not for the life of her add to his woes at that moment. Maybe later on she "air her mind," but that is another story and nothing she could say or do after that first little sign of forgive-ness would cut as would have done an half dozen harsh words on the rainy spring day when he was uncertain of his welcome. What the faithful old wife should have done and said, ac-cording to our thinking, is also another story. It is beyond the ken of man just how forgiving a woman may be. The truly forgiving woman is always the happy woman. The forgiving wo-man does not live in the past. For her it is always today and tomorrow. She does not remind her children that one that their punishment is to be ex-the difficulty by giving a heavy feed slog given, and the wise plan is to feed to relatively light morning and noon, with it is always today and tomorrow. She does not remind her children that one the wiser plan of letting them see how freely she forgives their little misdo-meanors because she is quite certain that their punishment is to be ex-the would do in indefinitely. She pursues the wiser plan of letting them see how freely she forgives their little misdo-meanors because she is quite certain that their suberdia to the gossip or the idle bodys ther wall must meet now and then. She meets them with such a bright smile and an air of con-fidence in their sincerity that they would find it hard to say tomorrow the little unkind things they may have said of her yesterday. If you think the forgiving work man do everentimental, it is be-cause you do not know her well. Try to imitate "ar and you will find how much haider it is to yourlook slight?

would find it hard to say tomorrow the little unkind things they may have said of her yesterday. If you think the forgiving woman weak and oversentimental, it is be-cause you do not know her well. Try to imitate 'er and you will find how much harder it is to overlook slights and shortcomings in those we have ad-mired and trusted than it is to nurse wounded feelings and play the part of the deeply offended. There is a sort of grim pleasure, you know, to be de-rived from playing the martyr. One finds it an impossible thing to punish a child who comes to one smil-ing and expecting a careas. The wo-man or man-I will include the sterner sex in this, because I know this to equally apply to both-will seldom have cause to forgive the same offender twice. One cannot find it in one's heart of gring apply to both-will seldom have cause to forgive the same offender twice. One cannot find it in one's heart of uses and present days append and they then ap-proach the spring work tender and unfit, unless pains is taken to condi-tion them by moderate labor to begin with, and with frequent short rests. One can soon tell by watching the ease with which a horse perspires whether he is fit to do a day's work or not, and until he is it is bad policy to require it of him.-Homestead. A Chiamman is spreaking to himself as We have not now now her well. The begins in the search of the search

as follows: 1882, \$10.50; \$1883, \$10; 1884, \$9; 1885, \$8.14; 1886, \$7.25; 1887, \$6.69; 1888, \$10; 1889, \$12.85. Very little hemp was shipped from the archipelago prior to 1825; in 1840 from 1872 to 1859 the shipments, in tons, were:

	LUID, HULLS	
te	1872	1881
ıd	1873	1882
m	1874	1883
10	1875	1884
8	1876	1885
У.	1877	1886
se	1878	1887
10	1879	1888
h	1880	1889
080	In addition to the mean to which heme	

is put in making rope and cordage, the

is put in making rope and cordage, the natives weaves from the fine fibres, carefully selected, a cloth called in the Bicol dialect, lupis; from the coarser fibres a very strong and durable cloth called all over the archipelago sinamay, is made. This cloth is worn by all of the poorer classes. From a mixture of the fibres of the pineapple leaf and of carefully selected hemp a cloth of much finer quality, called jusi, is made. This cloth is thought by many to be more beautiful than the pina, made entirely of the pineapple fibre, for which the islands are noted.

Islands are noted. This is a great country, and it costs over \$2,000,000 a day to run it. It is well to stop and think, once in a while, or this fact. Last year, for instance, congress appropriated \$675,000,000 for hargest item was for pensions, \$145,000,000 op, Then came \$128,000,000 permanent appropriations; \$106,000,000 for the pos-tal service; \$80,000,000 for the army; \$48,-000,000 for the navy and the same same and the sundry civil service; \$55,000,000 for deficiencies; \$13,000,000 for legislative; \$15,000,000 for ivers and the remainder distributed among the indian bureau, fortifications, and the District of Columbia. These figures inversious forms, but we put them is poncrete shape so that he who reads put y although they are well worth study, although they are well worth