THE WIDOW IN ARMS.
[Town Topice War Correspondent.]
Down in Tampa there is a parrot that says "What t'ell!" He says it on occasion, and without oceasion. He says it softly, he says it loudly. It is aceompanied with a laugh-the laugh first, and then the resigned: "What $t^{\prime}$ ell." You can hear it when regiments are passing to camp, in parade, or with dirge and as eseort to a funeral. You can hear it as you stand on the corner waiting the preseribed southern wait for a street car. You
can hear it when the parrot itself has been forgotten and wants food or water. You can hear it all the timeon occasion and without oecasion.
Not a soldier of infantry or cavalry passes along the six-inch deep sand road cognizant of the suffering in this Inferno of America who does not turn his head to see whence comes the laugh and the words which create, in his own heart, an answering echo. As I listened to the diabolical vird from day to day, I came to think of him as a philosopher, and so, Major Whittle, as I hear you are to demand an investigation relative to the Seventy-first New York, I think again of that parrot and his resigned: "What ' ell!"
You see, it was wafted on a sweeping wind that the Seventy-first were cowards. The wind goes on and you can defend it until doomsday, and then defend it again. The dear, dear public will remember this first sensational surprise, and will not care so much for honest vindications. Still, I am going to tell a story $I$ heard about one brave major and his men of the Seventy-first, though it does not refleet upon other parts of the regiment. The story was told me by an officer in the regular army, who came the way of the Seventy-first with his own company during the battle of Santiago. This officer is a member of the Twenty-second infantry. I saw him at Fortress Monroe, a vietim of the fever that came after the battle and the three days in the trenches. He was gaunt and hollow-eyed, but as full of fire and fight as he was of fever and disgust. Among many things he said: "Some of that Seventy-first fought like tigers-some of them are running

That all of them did not ..ght alike is not the fault of the men nor of the junior officers. The men became demoralized through bad leadership and confusing orders. Finally a major stepped forward and asked for volunteers, and his call was responded to with vim. With these few hundred men he pitched into the fighting and saved the regiment from becoming the laughing stock of the army. I think this major was a junior major. I did not learn his name, but he and these men did mighty fine work-none could have done better."
Who was that major?
You are right, Major Whittle, to demand an investigation. The whole regiment should not suffer because ome one or more flunked in the leadership. In the navy waere may be "enough glory for all," but in the army we want the halos to encircle the brows of those who have really earned them.
By the way, speaking of halos, the real heroes of the navy in our waters, o the junior officers, ensigns, dles" and "jackies," are not Sampson, Schley or even Hobson. These men are heroes certainly. They did their duty. They did it grandly. And they had an opportunity. Hobson's act wa had an opporture were four thousand men who wanted to do what he did. Sampson and Schlev $w$-re succesaful. They were told by the president and
the seeretary of the navy to destroy
the Spanish fleet. When Cervera came out of the bottle and gave them the opportunity they did as they were told to do. There was no plan of campaign, no dipiomacy-simply a chase and a smash, and orders obeyed. The men who are really worshipped for bravery and great work are Lientenant Cameron M. Winslow and Lieutenant Victor Blue. Lieutenant Winslow worked under a storm of shells and bullets to cut the cable off Cienfuegos on May 11, and still wornal on after he was badly wounded-unmindful of pain or danger. Lieutenant Biue took greater risk, with one exception, in invading the enemy's country than has been taken since the war commenced. These two men are the idols of the "underlogs" of the navy
Captain James G. Blaine's, Jr.'s, last exploit-cutting a helpless Chinaman's quene-reminds me of something Barry Buckley said. Everybody in Washington knows Barry Buckiey. They know him for his father's sake he is a prominent physician-and they know him a good bit for his own sake. somebody asked Barry why he did not go to war.
"Go to war?" asked Barry.
"Yes; you love things military, and between your friends and your enemies you would make a name as a sol dier that you would be proud of."
"No," said Barry, "I would be courtmartialed and shot before I could ever get to the front."
"Why; how's that?"
Well, I will tell you. It would be just my luck to get into Captain Jimmie Blaine's company, and I would lick the stuffing out of him if he dared o speak to me."
Barry has gone to the Blue Mountain house to get the stuffing out of his pocketbook.
One of the wonders of the war, to me, is whether or no Clara Barton in another war would again get the consent of the government to go to the front. Another wonder is the blind faith of certain newspapers in New York who play eat's paws to Clara's chestnuts in her statements which so sorely reflect against the humanity in our departments at Washingion. Surely, Clara, our government has done little something, has it not? In your "personal letter" to Stephen Barton, published in the New York Sun, August 20 -of cours we all know you would not, any more than the Red Cross society, say anything for publi-cation-you say, in speaking of the "beautiful ice," which you kindly supplied the transports, "All the siek and vounded will have all the ice the want. They all know it is our gift to them, and all are grateful." Really now, Clara, dear, how are the sick and wounded to tell your ice from the government ice? I happen to know that the govenrment has forwarded ice for this very purpose of which you speak, and you know, Clara, these little things do-so-well, sort of look as if you did not love this glorious country of ours-at the centre.
And then a little further on in our "personal" letter you say the Red Cross nurses are doing "beautiful work," and that "three or four of General Sternberg's nurses have strayed in here; one has been discharged by the physicians as being highly improper; another. I believe, is under discussion, but I have never come in con tact with them at all."
Clara, this last is rather shocking. you know. I am quite glad you have never come in contact with these "improper nurses" of whom you speak but does not the "improper" woman
need your angel work, as well as the vital, receive less consideration than awfully improper man? And really, any, and this because of the expendrClara, it seems recklessly unkind of ture of actual energy necessury to utyou to call them General Sternberg's ter them perfectly or or weak action nurses-well, I will not diseuss it with of the breath in the glottis.

As has been said, the breath findm its fullest power when aeting tirroughout the entire body. A very simple proof of hon the breath, in its going and coming, subjugates every portion of the body, has been giver by a well known sculptor, who has cbserved movements (following the net of breathing) even in the toes of his models. When, therefore, the life charged lower back museles are strengthened and encouraged into activity by the dorsal musele exercises deseribed in former papers, the breathugg function will animate and engage the entire physical being, and the vocal inertia which follows closely upon sagging back museles and limited breathing capacity will gradually disappear, and the voice assume qualities of vitality hitherto laeking. Not until this aetivity is fully established, however, can the intending publie speaker be certain of easily and surely propelling the voice to meet the requiremente of even a moderate-sized audience hall.
Having established a vitality in the voice in order to successfully control it during extended use, he studens must learn next how to store the new power. The keen, clean voice whieb the vital glottic voice has induced, and which rings out with unexpeeted clearness and resonance, may degenerate into merely explosive sound unless the breath is economically diseharged and withheld as is the steam in an engine. A given uantity of breath onty is necessary for the perfect utterance of a given tone. When more escapes, force, clearness, and carrying power are lost.
There aze two excellent menthods by which control of the breath may be gained, and both are simp.e. The first is to take a deep, full breath, holding it a second, then allow a portion of it to slowly eseape, eheek the flow, and alternately hold and release the breath in this manner until the deep supply taken taken in the beginning has been exhausted. When this can be suecessfully accomplished the voice may be added, alternately reading a few words and again ho'ding back the breath, silently as before. Wooed in this way, the willing breath soon enters into obedient servitude.

The second method, which lends visible as well as audible evidence to mark its progress is equally as simple. Place a lighted candle on a table or mantle-piece and stepping a yard or more away, take a deep breath, standing with hips well vitalized and chest out. Slowly and steadily blow the breath out, aiming directly for the flame. Pracitce this exercise at a gradually inereasing distance from the candle, and always bearing in mind the necessity for slow, steady breathing. Not infrequently the experimenter will soon find herself pos sessed of sufficient breath to blow out a candle twelve feet away.
No merely explosive outbreathing will bring returns in breath controt. To surely secure this power, the student must be content to "make haste slowly."

A word of caution as to silent breathing exercises. They should be taken intelligently, regular!y, persistently, but with the utmost gentleness. Should a slight fullness of the head be felt after any experiment with the breath the student must rest at once, since such a sensation is an inonce, since such a sensation is an in-
dication that the exercise has been practised as long as it may safely be at one time.
The direction of the filent breath

