

Misdirected Emotional Force.

"Power Through Repose," by Anna Payson Call, is a little book that ought to be useful to persons who are suffering under nervous strain.

The "power through repose" which she indicates is simply a relaxation of all the muscles of the body, a simply letting them go, and falling together as limp as a wet towel.

But most of all we waste our forces in misdirected emotional energy. Especially this is true of women. Most of the emotions over which they wreck themselves are false and morbid.

The writer speaks in one place of the emotional drunks some persons habitually indulge in, the wild fits of emotion, hysterics, etc., which seem to give so much pleasure to certain individuals.

How can one master these sham emotions, so as to grow strong, self-contained and helpful? Miss Call explains how in a paragraph on mastering the temper:

Many of us know the sense of relief which follows a volleys of indignant words. To say that we can get a far greater and more lasting relief without a word, but simply through relaxing our muscles and freeing our excited nerves, seems tame, but it is practically true.

So with a fit of nerves or blues, or chronic grief and despair. Do not resist and try to fight it back; simply "let go."

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Observe this sentence from The Nebraska State Journal: "The two versions of the battle of Wounded Knee are radically different, but the soldiers have a little the advantage in the fact that they were on the spot and saw the whole thing, while the Indians now surviving were not present."

Colorado's irrigation works are doing wonders for her in the realization of farm crops and the raising of live stock.

When a man is not guilty, why should he run away?

A machine has been invented which, it is claimed, will extract good binding twine even from banana skins.

Indian and German is a queer mixture of blood, yet the Wild West show has in its domestic arrangements such a mingling. That big chief, Standing Bear, is married to a German wife.

The step from the sublime to the ridiculous has certainly been taken by a brother-in-law of Dr. Koch.

Truly we live in wonderful times. When the body of King Kalakaua was sent home to Hawaii a gentleman of combined commercial and scientific tastes followed the mourning cortege with a first class phonograph.

The day seems not far off when Greek will be on a par with Sanscrit as far as the study of it in ordinary colleges is concerned.

A College Student's View of It. Mr. Thomas E. Chappell won the prize for oratory at the Nebraska State university.

The north is no longer an oversympathetic champion of the negro's rights. She is taking a broader view of the situation.

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A Story on Senator Vance.

Senator Vance, of North Carolina, unquestionably the champion story teller of the Senate, has a broad stripe of Calvinism down his back, though he is not a communicant of the Church.

"Uncle," said the Governor, "are you going to church?"

"No, sah, not edactly—I'm gwine back from church."

"You're a Baptist, I reckon—now ain't you?"

"No, sah, I ain't no Baptist, do most of the brederen and sisters about here has been under de water."

"Methodist then?"

"No, sah, I ain't no Mefodis', nudder."

"Campbellite?"

"No, sah, I can't errogate to myself de Cammelite way of thinkin'."

"Well, what in the name of goodness are you, then?" rejoined the Governor, remembering the narrow range of choice in religions among North Carolina negroes.

"Well, de fac' is, sah, my old marse-ter was a Herrud of de Cross in de Presbyterian Church, and I fotch up in dat faith."

"What! You don't mean it? Why, that is my church."

The negro making no comment on this announcement, Governor Vance went at him again:

"And do you believe in all of the Presbyterian creed?"

"Yes, sah, dat I does."

"Do you believe in the doctrine of predestination?"

"I dunno dat I recognize de name, sah."

"Why, do you believe that if a man is elected to be saved he will be saved, and that if he is elected to be damned he will be damned?"

"Oh, yes, boss, I believe dat. It's gospel talk, dat is."

"Well, now, take my case. Do you believe that I am elected to be saved?"

The old man struggled for a moment with his desire to be respectful and polite and then shook his head dubiously.

"Come, now, answer my question," pressed the Governor. "What do you say?"

"Well, I tell you what 'ts, Marse Zeb; Ise ben libin' in dis hyah world nigh on 50 years, and I nebber yit heard of any man bein' 'lected 'dout he was a candidate."—From the New York Tribune.

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