

Spelman Messenger.



Vol. 15.

SPELMAN SEMINARY, ATLANTA, GA., JANUARY, 1899.

No. 3.

NEW YEAR'S MOTTO.

I asked the New Year for some motto sweet,
Some rule of life by which to guide my feet:
I asked and paused; it answered soft and low—
GOD'S WILL TO KNOW.

Will knowledge then suffice, New Year? I cried,
But ere the question into silence died
The answer came: Nay, this remember, too,
GOD'S WILL TO DO.

Once more I asked: Is there still more to tell?
And once again the answer sweetly fell:
Yes! this one thing, all other things above,
GOD'S WILL TO LOVE.

Selected.

OUR NORMAL WORK.

The Teachers' Professional Department of Spelman Seminary was opened in the fall of 1892. Since that time we have graduated twenty young women. Fourteen of these women were graduates from the Academic Department of the Seminary when they began their work; two were graduates of Wayland Seminary, Washington, D. C.; one was a graduate of Jackson College, Jackson, Miss.; and one was a graduate of the New Richmond High School, New Richmond, O.

These graduates are now located as teachers in Wayland Seminary, Washington, D. C.; Jeruel Academy, Athens, Ga.; Florida Institute, Live Oak, Fla.; Benedict College, Columbia, S. C.; Atlanta Baptist College; Spelman Seminary and other places in the south.

One of our graduates has been employed through the recommendation of Commissioner Glenn, to do State Institute work, and has held this position during the last two years.

Our present class comes to us from Little Rock High School, Little Rock, Ark.; Atlanta University, Atlanta, Ga.; Jackson College, Jackson, Miss.; Wayland Seminary, Washington, D. C.; Mayo High School, Darlington, S. C.; Alabama Baptist University,

Selma, Ala.; Benedict College, Columbia, S. C.; and Spelman.



MISS E. V. GRIFFIN, SUPT. OF THE
TEACHERS' PROFESSIONAL DEPT.,
SPELMAN SEMINARY.

When the work began, Tennessee and Georgia were the only states represented. Since then, we have had students from Mississippi, Arkansas, South Carolina, Maryland, Ohio and Massachusetts.

The Professional Course includes thorough, practical work in the history of education, principles of teaching, psychology and physical culture. In pursuing this course a review is given in arithmetic, geography, grammar, language, science, spelling and penmanship. This work is planned not only to give a careful and logical review of each subject, but in every case the philosophy of the subject is discussed and its relation to other

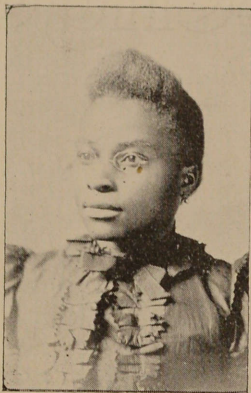
subjects considered, and the work is conducted in such a way as will best prepare the class to meet the needs of pupils intrusted to their care as teachers. The method of training may be illustrated by the following:

A lesson in grammar is assigned to the class. Each member must be prepared on the subject, and also ready to teach the lesson in presence of the class. After it has been taught by one of the pupils, the work is reviewed by the class under direction of the method teacher. The review includes suggestions with reference to appearance of board work, presentation of the lesson and methods of questioning used. This line of work in grammar, and in other subjects, is continued at least one year.

Many of the first lessons are given by the method teachers as models. After the students have had a few weeks in the method class, they are sent to observe the daily work of a model teacher. Each lesson is carefully reviewed for the benefit of the observers. As soon as the students are capable, they are given regular classes in the practice school, which they teach consecutively at least four months. These classes are visited daily by the method teacher, and afterward suggestions are given on the day's work with hints for the next lesson.

The senior class has had such training from one to three years. Each member has taught in the practice school at least two hours each day during the entire time and under exacting, yet kind and constant, criticism.

There are two practice schools in connection with the work. One is located at Atlanta Baptist College for boys, and the other is at Spelman



MISS H. A. HOWELL,
GRADUATE, T. P. C., '96.
STATE INSTITUTE WORK, GEORGIA,
TEACHER AT SPELMAN SEMINARY.

for girls. The Spelman building, Giles Hall, is one of the finest and best equipped buildings for training teachers to be found either in the North or South.

The teachers who have this work in charge have received their training in the New York State Normal Schools of Potsdam, Oswego and Fredonia; the Pennsylvania Schools of Indiana and West Chester; the Maine School of Farmington; also, in Baron Posse's Gymnasium of Boston, Mass.; the Boston School of Expression; Yale University; Wellesley College and Chicago University.

The work has received the approval of Ex-governor Northern of Georgia; Honorable G. W. Glenn, State School Commissioner, Georgia; Honorable J. L. M. Curry, LL. D., Agent of Slater Board, and Dr. M. MacVicar, who is well known as a former president of two of the leading Normal Schools of the state of New York, and as Superintendent of Education for the American Baptist Home Mission Society.

CHINESE CALENDAR.

The Chinese do not reckon their time by centuries, but by periods of sixty years; each year in this space of time has its own name, which relates to five elements which were adopted by the Chinese sages.

The elements are fire, water, earth, mineral and wood, partly connected with denomination of live creatures such as rat, cattle, tiger, hare, etc.

If, for instance, the words wood and cattle meet in the name of a year, this signifies a good crop; the words fire and tiger prophesy a year of war. The year 1897 bore the name fire and fowl, which signifies a year of peace. The Chinese attach great value to these

names, and are often governed in their enterprises by the fact whether the name of a year implies good or bad luck.

Their years are divided into twelve months and twenty-four semi-months; and sometimes a less number. Their nights are seven hours long, and their days are five hours long. The midday hour is called rat and the midnight hour is called horse. Their hours are twice as long as an American hour; the time is divided into double minutes, minutes and seconds.

Bertha E. Thomas, Acad. Dept.

PROMOTED.

There is such profound pleasure when a student returns to school and finds that she is promoted. There is indeed unspeakable joy. At once we make new determinations, new pledges, new promises to do our work more exactly than ever before. We start out with ambition, courage and faith; nevertheless, often before the term has closed, we faint by the wayside. But we certainly start in with plenty of vigor and strength to carry us a long way.

Whenever one is promoted in her classes, there should be more especially a promotion in her whole personal being. Her ideas of life, her motive in life, her duty to both God and man should all be elevated on a higher scale.

Lillie O. Jones, Acad. Dept.

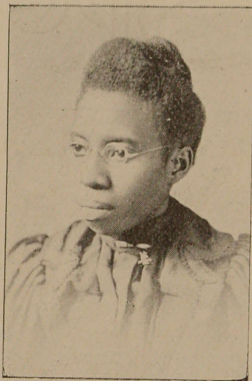
SCHOOLS IN ENGLAND.

The people of England have been employing as teachers for low-graded schools girls from thirteen to sixteen years old and paying them with a local tax. This proved a cheap way to secure teachers, but the work was also cheap in efficiency. Recently a committee, appointed by parliament, condemned this system and raised the age of the teachers from thirteen to fifteen and hope later to raise it to sixteen. There are about thirteen thousand of these pupil teachers in England. The committee has also made various efforts to raise the standard of the grades of these schools. The method of primary instruction in England is far below that in America.

Lucy A. Mobley, Acad. Dept.

OUR TRIP TO AFRICA.

We, the Senior A's, started on a journey from Atlanta to Africa. Before leaving, we provided ourselves with some of the things which we knew we would need on our journey. All of our food we put in air-tight



MISS FANNIE S. WINGFIELD,
GRADUATE, T. P. C., '94,
TEACHER, FLORIDA INSTITUTE,
FORMERLY AT SPELMAN SEMINARY.

cans, because the damp air of some parts of Africa would spoil it, were it not protected in this way. We took blankets to protect ourselves from the cold night air. We also provided ourselves with a good quantity of quinine, because we would have danger to encounter from those deadly fevers of which we had heard so much. All of those things we did up in bundles, being careful to see that the bundles did not weigh over sixty pounds each; we knew we would be obliged to get porters to carry our baggage and sixty pounds is as much as a porter can carry.

We went to Savannah and took passage on a steamer bound for Alexandria. Our voyage was a rough one and most of our party were sea-sick.

When we sailed through the Strait of Gibraltar, we noticed the immense rocks on either side of the strait and recalled the myth about Hercules standing with one foot on the rock on the Spanish coast and the other on the rock on the African shore while he guarded the entrance to the Mediterranean Sea. These rocks are still called the Pillars of Hercules. England has control of this strait and we saw the flag of England proudly waving on the Spanish coast. There have been many bloody battles and many men have lost their lives in the effort to wrest this desirable place from the English. The reason why this is such a longed-for position is because it commands the commerce of the Mediterranean Sea.

We sailed on and the next land we came in sight of was the island of Sicily. We sailed between Italy and Sicily and then took a direct course toward the city of Alexandria. As we neared this famous city we watched eagerly to see who would catch

the first glimpse of the Pompeian pillars which we knew could be seen long before any other part of the city.

We visited the catacombs and many of the ruins of Alexandria. I will not stop to tell you about them because I wish to tell you about the rest of our journey. We wondered how Alexander the Great would feel could he see the changed appearance of the beautiful city which he founded to show his possessions in the East.

Some one in our party suggested that instead of crying because he had no more worlds to conquer, he would cry because the world which he had conquered is full of decay and death.

We now engaged passage on a canal boat which was going from Alexandria to the Nile river. It only took one year to build this canal which is sixty miles long, but it cost the lives of thirty-five thousand men, because the ruler who had it in charge wished to have it completed in the shortest possible time and he had no regard for human life. We had our goods loaded and were much surprised to find that instead of mules drawing the boat, Arabs laced a broad band across their chest and began towing us along. We did not enjoy our ride at all at first, because we were sorry for those Arabs, but in a comparatively short time we had forgotten that we did not have mules and we enjoyed everything to its greatest extent.

We saw the fertile delta of the Nile and the rich vegetation with which it was covered. It seemed so strange to me that this soil had come for hundreds and hundreds of miles up the Nile valley and been carried by the water to the mouth of the river and deposited there. It seemed almost impossible to realize that in this way acres and acres and acres of the most fertile land in all Egypt have been formed. The Atbara river gives to the Nile more sediment than any other one of its tributaries. The Atbara river rises in the plateau of Abyssinia. Its source is about twelve thousand feet above sea level and in its rapid downward course it gathers great quantities of sediment and with this rich gift rushes on and joins the Nile river in its course to the sea. The growth of the delta is slow. The delta of the Mississippi river was building out at the rate of one hundred feet per year in 1774. It had then built out one mile, but now it is not building out so fast. The delta of the Nile is not growing as rapidly as the delta of the Mississippi.

I wish I had time to tell you about our visit to Cairo, Memphis, Suez, Goshen, Port Said, and to take you

with us on a journey through the Suez canal—the canal which is remarkable for not having any locks, because it is level, and so they are not necessary. We did not see but one sailing vessel on this canal and that one was being towed by a little steamer. Only steamers can run here. And it is so expensive for a sailing vessel to hire a tug to take it through, that usually they prefer to go the old way by the way of the Cape of Good Hope.

I wish you might have been with us on our journey up the Nile river and have seen the queer houses in which the people there live. They have little holes instead of doors and when they wish to go in, they crawl on their hands and knees through this hole or door.

I know you would have enjoyed our journey through Abyssinia and our visit to the Shilloeks, Dinkas and Bari tribes, but I must tell you about it another time.

Hattie Harris, Interm. Dept.

OUR SOLDIERS.

Our brave soldiers in the late war have in many ways shown themselves to be heroes. This does not apply to the white soldiers only, but to both white and colored.

It is said, this United States of America will not go down as the white man's country or the black man's country. The Americans will be colorless and color blind. Not the color of the skin, but true manhood will be the test that will stand in this country.

There is not a regiment in camp more popular than the Ninth and Tenth cavalry. Their ability in battle was spoken of by their fellow-soldiers as, "Those Negroes fought like devils." When the Rough Riders were advancing upon the enemy in order to capture the block house near El Caney, the Spaniards were on both flanks and in front of them; it was here that the Tenth won the favor of the country. They reinforced the Rough Riders, whose comrades were fast falling to the ground, and advanced up the hill, over barbed wire fences, while the Spaniards were raining shot down upon them; they never flinched, but marched on to victory.

The only Negro colonel in the United States army is Col. Jim Young of Wilmington, N. C. It is said of the colored troops, that they are the readiest and most cheerful. They are proud of their uniform and position, they endure camp life, they know how to cook and the doctors have very little trouble with them. Under

fire they are brave and determined; when sick, they are among the first to recover.

The splendid record made by the Negro soldiers after the Santiago campaign has proven that they are suited for garrison work in a tropical climate.

The black man is now being recognized as a soldier; and we honor him for his courage, endurance and devotion.

Annie L. Crittenden, Acad. Dept.

VOTING MACHINE.

This machine comprises a case, a delivery roller, and a take-up roller mounted in the case, and a great many tapes extending between the rollers.

A block is movable in a slot in the top of the case, and a dog is mounted to swing on the block.

When the voters have finished voting the election officer pushes the block forward to keep motions from going into the take-up roller moving the tape from one numeral to another. The numeral indicates the amount of votes registered.

The dog mentioned is adapted to engage with ratchet teeth formed in a flange of the take-up roller.

Maggie E. Redd, Acad. Dept.

WE WILL.

"We will" is almost a saying of the past; for so often we say we will and not even think of what it means.

If we say we will, let us know to what and for what we are saying it, and let us have some resolute purpose and work to that end.

Let us say we will stand for the right and do all in our power to cast out the wrong. Come, let us take our stand against intemperance and say we will never partake and never give to others, but fight against it.

Too often we say we will just because the majority says it and very often it is a "we will" in the wrong place and at the wrong time.

Therefore let us say will and let it be for something worthy and let us not be led by the crowd but make a firm foundation and build upon it, for "we wills" without something to rest upon will surely be a failure.

Josie F. Ponder, Acad. Dept.

One blessed Old Year brought Him hither to earth
And all the years since have been new;
For the world was created again by His birth,
And all hearts in His presence grow true.
The dear Christ has come
To make with us his home.
O, sing with us, angels! we strike the same chord—
Every Happy New Year is the year of our Lord.

Lucy Larcom.

SPELMAN MESSENGER.

E. O. Werden, *Editor and Publisher.*

ATLANTA, GA., JANUARY, 1899.

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Advertising rates will be furnished on application.

To introduce the paper we will send it on trial to new subscribers two months.

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Letters concerning subscriptions should be addressed to

SPELMAN MESSENGER,
99 Leonard Street, Atlanta, Ga.

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That December is sometimes even more pleasant than May goes without saying here. The most careless on-looker who passed through the Gate City last spring must have noted the unusual signs of excitement. On the street corners were groups of people eagerly scanning the bulletin-boards for the latest news of battle. But the same person passing these corners a few days ago would have seen larger crowds, their faces flushed with joy, not anxiety, and bulletin-boards transformed to bunting. By so much is peace better than war! 'Twas a nation's jubilee. The past year brought swift changes, great victories. Over all now broods the dove of peace. With added gains come added responsibilities. May those on whose shoulders rests the burden of government ever rule as ambassadors of the Prince of peace!

—All Spelman went forth to greet the President and heroes of the late war, on the occasion of the Peace Jubilee. It was a red-letter day. Old Glory floated proudly over Giles Hall, while all the buildings were gaily decorated inside with the red, white and blue, and flags often fluttered out around the doors. Each student and teacher wore the national colors and all rejoiced over peace restored.

—We had a fine temperance meeting on the evening of Nov. 25. Mrs.

Bowen and Mrs. Murray of Gammon Theological Seminary were with us, and what more need be said?

—The Congo Mission Circle met Dec. 1. President Sale of Atlanta Baptist College gave an interesting account of the life and labors of Rev. J. C. Dawes, now on the African mission-field.

—Mrs. Scott, who is employed by the American Baptist Home Mission Society to address churches and conventions in behalf of their educational work, spent a few days with us. She is an able speaker and reaches the hearts of her hearers. She spoke to us Friday evening, Dec. 16, on race names, denominational names, etc., showing how the bearers of the names have it in their power to make the name respected, even though it be given at first in ridicule. She believes in the name Negro. Very practical were her words on this occasion, as well as on Sunday morning and afternoon, when we were privileged to hear her again. Her visit gave us great pleasure. We are sure her words will do good wherever she goes.

—Extracts from letters from two graduates of the Teachers' Professional Department.

"I am so glad that I attended Spelman and received such good training, for to that is due all my success as a teacher. I remember the time one of the teachers wished that I should take up a certain study. I said it was not necessary, for I would never teach in a city. Little do we think what the future will bring; therefore it is best to take heed to the things that are taught.

I have fifty-nine in my room and the majority seem to be interested in their studies. We had for our lesson in geography volcanoes. Had one on the sand board, one on the blackboard, also a picture of one. I used the method I learned at Spelman. The class was just carried away, especially when they could see the real fire and smoke. I wish you could have seen their faces and how interested they were."

"The Lord has wonderfully blessed my work here, for never before have I seen such progress on the part of little children. I am sure, if you could only know about it as I do, you would be very gratified. The patrons seem so pleased at the improvement in their children. Neither am I teaching them only the things found in their text book, but that which will be of service to them in this life and in the life to come.

I am so glad to hear of the progress of Spelman. May it ever live to send out girls to bless the world, as it has already done! Spelman has set in motion waves of influence that will last as long as time lasts, yes, farther still, all through eternity. Just think for one moment of the thousands who have already felt its influence, and think of thousands of others who will be blessed by it. With such thoughts as these can you ever become discouraged? I shall always be grateful for the training that I received there for so many years."

—On Christmas Eve, Mrs. Santa Claus appeared at Spelman. She feelingly told how she had long desired

to assist her husband in his arduous duties, but on account of his conservative ideas on woman's sphere he had always hitherto objected. But the number of children to visit had increased so much during the year that she had at last prevailed on him to let her come to Spelman, inasmuch as no male was allowed within the pine board fence there. She is a unique personality, and as is so often the case, quite a contrast to her husband in personal appearance, being very tall and slight. She appeared in her wedding dress, which she explained was over a thousand years old. But the winning expression of her face was her chief charm. All eyes were fixed on that as we eagerly endeavored to catch every word that fell from her lips. Her voice was pitched in a high tone, quite unlike that of her illustrious husband, but was very pleasant withal. She came well-stocked with gifts for every grade, which she took great precaution should go only to the deserving, submitting each class to a telling examination on the work of the year. It would, doubtless, be invaluable to future examining committees to learn her mode of questioning, but space forbids.

—The Christmas sermon was given by President Melden of Clark University from "As a man thinketh in his heart, so is he." It was an earnest plea for righteous living.

—A very pleasant service of song and recitation was given on Christmas night. The scripture was impressively read by Miss Griffin, the Christmas carols were beautiful and the little ones were at their best. We offer a vote of thanks to those on whom fell the burden of preparation for all the good things we have enjoyed during the festive season.

—During the month, Sunday services have been held by Prof. W. E. Holmes, Atlanta Baptist College; President Sale, Atlanta Baptist College; Rev. R. L. Motley, Central Baptist Church, Atlanta; and Mrs. William Scott of Missouri, representative of the American Baptist Home Mission Society.

—We extend heartfelt thanks to Mrs. Florence Lockwood Tallmadge, Ann Arbor, Mich.; Mrs. F. R. Chapman and other friends of Wayland Chapel, Providence, R. I.; Mrs. J. B. Hoyt, New York City; and the Woman's Missionary Societies of Warren, R. I., and Hamilton, N. Y., and all who helped them, for the many beautiful Christmas gifts we have received.

LIBERTY.

Translated from the Spanish by E. O. W.

Not armed with sword for vengeance drawn,
Nor wrapped in cloak defiled by blood,
Such as vain folly fain would forge,
Or dull iniquity;

But placid as the light of hope,
With peace and pardon on her front,
With gentle face and look benign,
Such is true liberty!

J. H. García de Quevedo, Venezuela.

BIBLE READING.

Lucy H. Upton.

[Given in Spelman Seminary Chapel, Sunday morning, Nov. 27, 1898.]

THE SCHOOL OF CHRIST.

There is a school to which it is the greatest honor in the world to belong. A scholarship may be held by any one who is willing to come under the rules. Tuition is free to rich and poor alike. Books and clothes, as well as food, are provided for each student. No one is excused from hard work, and the lessons are often learned with bitter tears and after many a failure, but the teachers are loving and patient, and always at hand to help. Graduation from this school entitles one to a beautiful home and a high position ever after. Do you know this school? It is the school of Christ.

Christ is the Master of the school, (Matt. 23:10) the assistant teachers are ministers of the Gospel and Christian friends (2 Cor. 5: 20) and the experiences of life. (Rom. 8: 28) The rules of the school are found in the Bible. (2 Tim. 3: 16, 17) The lessons to be learned are faith, hope, love, joy, peace, gentleness, goodness, patience, self-control, holiness. (Gal. 5: 22, 23; 2 Pet. 1: 5, 6) Young converts are new scholars, Christians of long standing are the old scholars and graduation is falling asleep in Jesus to awaken to eternal life. (Rom. 2: 6, 7)

Are you a member of this school? Many and many a time have you read in the Bible of teachers and teaching. Where there is a teacher, there must be a scholar. Did you ever see that word in the Bible? Perhaps it was in an unrecognized dress. Look at John 2: 2, and you will find the Bible name for Christ's scholars, disciples. What sort of a scholar are you? Careless or faithful? Quick to learn or slow? A trial to the Great Teacher, or a joy? The faithful scholars continue in his word, and bear much fruit. (John 8: 31; 15: 8). They are cared for by their free scholarships. (Rev. 21: 27; Phil. 4: 19)

Since this school has such wonderful advantages, it becomes of prime importance to us to understand the requirements for admission. Do you want to be a scholar there?

Ask these questions. Can I afford the expense? It is offered without

money and without price, but one must take up the cross and follow Jesus. (Is. 55: 1, 2; Matt. 10: 38) Can I get a recommendation? The name of Christ will be your recommendation. (John 14: 14) Am I of school age? Only little children are admitted. (John 3: 3; Matt. 18: 3) Am I good enough? Goodness is not required for admission. (Tit. 3: 5; Eph. 2: 8, 9) Will baptism admit me? Not without something else first. (Acts 2: 38) What are the requirements, then? Two; repentance toward God, and faith in the Lord Jesus Christ. (Acts 2: 38; Luke 15: 21; Acts 16: 31; 2 Chr. 20: 20; Is. 7: 9)

If I fulfil these requirements, when shall I become a member? When enrolled. (Rev. 21: 27; Luke 10: 20) But how can I be sure that my name is written in heaven? By resting your soul on the sure promises of God. (Matt. 7: 7; Is. 65: 24; John 20: 29; 2 Chr. 32: 8)

Every scholar in the school entered under these rules; every candidate will be admitted who will come under them. Over the door is written in letters of gold: Come unto Me; learn of Me.

"Immortality will come to him who is fit for it, and he who would be a great soul in the future must be a great soul now."

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PERSONALS.

We have good news from Miss Emma B. De Laney, M. T., '94, who is now teaching at Florida Institute, Live Oak, Fla. In her new sphere of usefulness, she is very busy, but enjoys her work.

Miss Fannie L. Showers, '93, is engaged with Mr. F. A. Curtright, A. B., in the work of establishing an industrial institute at Greensboro, Ga. We wish them success.

—With the Christmas bells comes also a tinkle of wedding bells announcing the marriage of Miss Mattie J. Brookins, class of '95, to Mr. C. S. Johnson of Arkansas City, Ark.

Miss A. Eliza Speights, Milledgeville, Ga., is teaching at Andes, Ga.

Miss Susie A. Bass of Tougaloo, Miss., has entered Provident Hospital, Chicago, Ill., to take a course in nurse training.

Miss Ida Turman, class of '97, is teaching at Bordeaux, S. C.

DECEMBER DONATIONS FOR SPELMAN SEMINARY.

The No. Ga. General Association,
By Mr. Jeff W. Leigh, Treas., \$5.00
The S. S. Workers' Convention, Ga.,
By Dea. Willis Murphy, \$10.00

THE TELELECTROSCOPE.

The teleelectroscope is really a telephone for seeing, changed in its transmitter and receiver so as to fit the eye instead of the ear. This instrument is used by the aid of electricity, but in a different way from the telephone.

The teleelectroscope does its work by two single points of light produced by two small straight linelike reflectors crossing each other; if other scenes pass between you and your object, you can see them, too.

There are in front of your picture some thin reflectors which move very quickly the existing quantity of light and shadow into a straight line with the corresponding light and shadow, and, by the sum of these single points, the whole picture is shown.

To understand this phenomenon, take a match, light it and blow it out, then move the lighted end around in a circle; you will find that, in doing this ten or twelve times a second, the moving of the lighted top makes upon the eye the impression of a line of fire.

So it is with the teleelectroscope, hundreds and even thousands of points jump over the ground glass and from the retina of the eye and are gone, but in a minute or two they are back again.

It is reasonable to suppose that in the near future all of our telephones will be supplied with teleelectroscopes; and we shall not only converse with those thousands of miles away, but shall also see them.

Those who have looked through the teleelectroscope say the picture is perfect.

Szczepanik of France is the inventor of the teleelectroscope. He is said to be the most wonderful inventor that has ever lived. It is said that he is as wonderful as he has consonants in his name.

Florence Lindsay, Acad. Dept.

NON-BURNABLE WOOD.

Some time ago an invention had been made in America for making wood non-inflammable, and recently it has been tested in England. What emphasized the need of having the wood fire-proof was the terrible fate of some of the Spanish ships, struck by American shells during the war.

How is it made fire-proof? The sap is first withdrawn from the wood by evaporation in heated vacuum chambers. Then a fire-proofing solution is forced into the pores of the timber under hydraulic pressure. It is claimed that wood thus treated resists decay, as well as fire.

Hattie E. Harris, Acad. Dept.

—A very interesting set of stereopticon views was shown by President Sale in our chapel on the evening of Dec. 2. We were carried in fancy to Africa, and even saw our own Miss Howard in her school there, while she sat in our midst and explained what we did not understand.

—The earth put on her bridal array on the evening of the 9th, but the white robe was soon exchanged for a travelling suit of terra cotta.

—A public meeting was held by the King's Messengers on Sunday evening, Dec. 18. The subject discussed was "Christmas in Heathen Lands." Among many interesting things, we noted the appearance of two little maidens in Japanese costume, who gave a recitation.

Bible Games, 25 cents each, for benefit of the Orphan's Home. Apply to Miss L. M. Lawson, No. 77 Leonard St., Atlanta, Ga.

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(Whether ye eat or drink, or whatsoever ye do, do all to the glory of God.)

WHAT IS THE CAUSE OF MY DIFFICULTIES?

Often than otherwise that "wakefulness during the first half of the night" may be fairly attributed to too heavy a supper, or the use of food difficult of digestion, since unusual toils of the stomach prevent soothing sleep, for a good reason. After the stomach has been hard at work until about tea-time, it is true that this abused organ is not in a condition to do its usual labor until it can have a little rest—or much rest—from which fact there is a necessity for favoring the stomach by use of the simplest food of the day and a very small quantity. It is also true that, if the sleep is secured under these circumstances, the digestion is suspended, followed by a loss of appetite in the morning, the undigested food still remaining in the stomach awaiting wakefulness. It is also true that nervous irritability and much depression follow the use of tea, particularly if strong, this so diseasing the nerves that quiet rest cannot easily be secured. This is often aggravated by the use of such stimulants as pepper, mustard and the spices in general. I strongly recommend the abstinence of tea and the use of the "Postum Cereal Coffee," which we have long used with the best effects.

A SUPERIOR FOOD.

The new food, "grape nut," is equalled by none with which I am acquainted. It is made from the richest, most nourishing elements of the grains, is pre-digested, being very easily prepared for the table, while it is as nourishing as it is easy of digestion. A full tablespoonful of the dry will make a fair meal, at a cost of about one cent for each meal. This is what is claimed by the proprietor, and I have no reason to differ from him. It is certainly an excellent food for those having impaired digestion.

AGUINALDO.

The question being agitated in the Philippine Islands now is whether or not the insurgent Aguinaldo is to be governor over the island Luzon.

He is an ignorant, yet keensighted, man and would be capable of ruling

his people if he were educated and taught the true standard of living. Aguinaldo is quite desirous to have the power over his people, as he would be able to lead them as he wishes; but it remains to be seen whether the business and influential men want him for ruler; but if they are as afraid of an Aguinaldo government which will be insurgent, as they are of Spanish rule, they will have to hold themselves together as a body and decide for themselves which they will have, insurgent or American protection. It is quite likely that they will choose the latter.

Aguinaldo is anxious that the people of Spain relinquish their hold on the islands; he is also impatient over the delays made by the Peace Commission of Spain in deciding just who will govern the islands. He thinks that he is perfectly able and proficient to undertake the task. A delegation has arrived in Washington to represent Aguinaldo; they come to get permission to lay the case before the Peace Commission of Paris; it is not fully known just what will be done.

It can well be quoted to the insurgent Aguinaldo, that it is best for a man to "Beware of too sublime a sense of his own worth and consequence; the man who deems himself so great that all that's done, and that moves, must move and act for him alone, will find in the school of tribulation the folly of his expectation."

Alice L. W. Turner, Acad. Dept.

INSECT TRAP OF A FLOWER.

There is a pitcher-shaped flower which grows in the eastern country in the bottom of which is a very poisonous liquid. No insect can live in the flower, and if one should go there to rest or happen to fall into this flower, it perishes. There is a cunning little spider which can go down into this flower by means of its web. It will go down in the flower and make a web and in this way it gets its food. When it gets food, it can withdraw with the web.

Bessie Reed, Acad. Dept.

A GIRL'S COMPLEXION.

Comes from the inside.

Whenever I failed to get my coffee for breakfast, I would have a sick headache before noon. It seemed to me a curious thing that a naturally healthy girl should have a sick spell of this kind unless she had been dosed in the morning with something.

I naturally concluded that all was not right, and inasmuch as I was in a

very nervous condition anyhow, I went to the doctor for a nerve tonic.

He told me I would have to quit drinking coffee, and when I said I could not possibly do it, because I always got sick if I didn't have the coffee, he said, "Use Postum Food Coffee." Well, I tried it twice, and gave it up, because it tasted so flat.

One day I was up to Dr. Ruggles' infirmary and remarked to Mrs. Ruggles that the Dr. had told me that I must leave off coffee and wanted me to use "this new fangled stuff called Postum," but that it was positively unbearable. She said, "My dear, you never have had a good cup of Postum evidently." I said, "No, I never have. I have only tried it twice." "Well," she said, "you go back and look at the package and you will observe that the directions insist upon continued boiling, at least fifteen minutes, not that length of time for the pot to set on the stove, but it must stay there until it begins to boil, and then boil fifteen minutes. I will guarantee you will get a fine, delicious tasting, black, rich cup of coffee, and perhaps better flavored than any you ever tried before. The old-fashioned coffee is actually killing you," she said. "You are terribly nervous, and your complexion is a long ways from what it should be at your age."

Well, when I got home, I tried making some Postum at once, and followed directions carefully, and I must say it was just delicious. I have continued to use it ever since.

I am well and hearty now, and my complexion has cleared up so that during the last three months people remark to me continually, "How clear your skin is!" I am naturally of a light complexion and fair. Dr. Ruggles has all of his patients use Postum, instead of ordinary coffee. I have induced papa to take up Postum, and he likes it very much. One of our neighbors, Mr. C. A. Barke, was ill in bed with heart and some kind of stomach complaint. He was a habitual coffee drinker, but when he got down, Dr. Ruggles took his coffee away and gave him Postum Food Coffee. He is almost well now, and says that he believes the Postum was the main cause of his recovery. A great many in our town use Postum in place of ordinary coffee.

Miss Mabel Bangle, Stafford, Kans.

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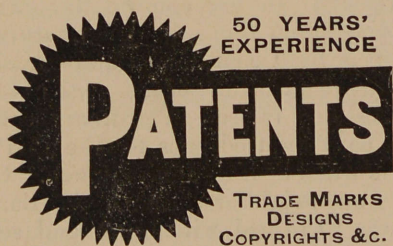
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