## Speliman M Messenger.



Vol. 15.

## HOPE.

What song is well sung, not of sorrow? What triumph well won without pain ? What virtue shall be, and not borrow Bright lustre from many a stain?
What birth has there been without travail? What battle well won without blood?
What good shall earth see without evil Ingarnered as chaff with the good?
Lo! the Cross set in rocks by the Roman, And nourished by blood of the Lamb, And watered by tears of the woman,

Has flourished, has spread like a palm ;
Has spread in the frosts, and far regions Of snows in the North, and South sands,
Where never the tramp of his legions Was heard, nor has reached forth his hands.
Be thankful; the price and the payment, The birth, the privations and scorn, The cross, and the parting of raiment, Are finished. The star brought us morn.
Look starward ; stand far and unearthy, Free-souled as a banner unfurled;
Be worthy, O brother, be worthy!
For a God was the price of the world,
Joaquin Miller.

## ANNUAL REPORT.

To the Trustees of Spelman Seminary :

The blessings that have come to Spelman Seminary during its eighteenth year are those of quiet peace and unbroken prosperity, so common that we often fail to remember that they call for songs of loudest praise. Health, harmony, patience, and perseverance in an organized, orderly routine have made our oftener than twice-told tale one that satisfies the heart, if it cannot startle and thrill the imagination.

In our literary departments, which are unchanged in character and conduct, save that we raise our requirements year by year, we have the fol[owing numbers enrolled :-college 3, oollege preparatory 5, missionary training 3 , teachers' professional 17 , cademic 57, and English preparatoBy 395. Last May we gave seven


MISS HARRIET E. GILES. MISS SOPHIA B. PACKARD. FOUNDERS OF SPELMAN SEMINARY.
teachers' professional and eight aca demic diplomas.
In our industrial departments, in addition to all our former work, we have carried on a millinery class, under the supervision of a lady of large experience and skilful touch. This has been popular, as well as profitable. We have the following numbers of students enrolled:-printing 28, dress-making 51, sewing 308 , millinery 108 , nurse training 34 , laundry 225 , advanced cooking 12 , elementary domestic arts 250 . Last May we gave four printing certificates, two nurse training certificates, and twelve certificates in our advanced course in domestic arts.

In our musical department we have had special suceess in chorus singing, as was seen in our Easter and Christmas music and in the rendering of a
difficult $T_{e}$ Deum at our last Commencement. The entire school has instruction in vocal music; our academic and higher English preparatory students form our chorus and we have had a semi-chorus and a quartette of selecied voices which have had private training and have given variety and pleasure by their singing on special occasions. We have enrolled fiftynine pupils in instrumental music. To play the organ or piano is not with our girls an ornamental accomplishment, as it may be thought. The school teacher is often expected to play the church organ in the country districts, and an advantageous position must sometimes be declined if the teacher has no skill as a musician.
In our religious work, which interpenetrates all our departments, we have maintained the same earnestness
as of old, and have seen forming and ripening fruit, having had twentyeight conversions this year. We live in the spring, however, rather than in the harvest time ; we are not sparing in our sowing, and hope the sower and the reaper may rejoice together.

Our total enrolment is larger than last year, being 513,-boarders 260 , day scholars 253 . We have thirtyeight teachers, seven of whom serve for the first time this year. It is worthy of note that ten of our faculty have been connected with Spelman more than ten years.

Our alumnce will soon number one hundred and fifty. They are to be found scattered from Africa in the East to the Indian Territory in the West. We receive from them affectionate letters and encouraging reports of homes made happy, of children in training for Spelman, of Christian work bravely done in dark places. At our last Commencement their Alma Mater welcomed a happy group of loyal daughters to her festivities. During the summer one of our missionary graduates was employed by the Alumnce Association to do mission work in Macon. The alumni of the Atlanta Baptist College and Spelman have recently embarked on a literary venture, the joint publication of a monthly magazine, The Athenoum, which has started with good prospect of success.

Friends who revisit Spelman note with interest the great change in our grounds which has been made by the removal of the old, small buildings and the grading and the taking away of fences between Rockefeller Hall and Ella St., by the widening of Leonard St. through our gift to the city of a strip of land along the electric car line, and by the erection of a substantial iron fence on ournew front boundary, all of which improvements have followed the gift of land from Mr. Rockefeller mentioned in our last report. The same visitor will see in the future grass and flowers and trees and walks and drives through which will be the approach to our fine brick buildings. When we receive permission from the city, as we hope soon to do, to close the part of Leonard St. which runs through our property, we shall secure a long desired privacy and freedom.

We feel the need of more money for currentexpenses, which increase yearly without a corresponding increase of income. Our need of a new hospital, which has been mentioned for two years past, continues and grows stronger. Only this week we have
been obliged to refuse to receive for a surgical operation a poor woman who had travelled three hundred miles to obtain relief from suffering. She could not be admitted to the Grady Hospital and applied to us. Not only were our two and only private rooms occupied by patients who could not be moved, but our operating room was in use by another sufferer awaiting her turn to take the next vacancy. We could arrange no place for the stranger. Her church raised money to pay her bills, but there seems no help for her in Atlanta. There were appeals made for a hospital fund last spring to generous individuals and to the young people in the North, and a tiny nest egg was laid, but the war with Spain diverted attention from our cause. Now that the peace treaty has been ratified, we should hope for a response. The time is fast approaching when it will be imperative that changes be made in our frame dormitories. They now need repairs to make them neat and comfortable, but would it not be wise to defer these until funds can be secured to give us arrangements on a permanent basis?

Pressing needs make a current which will not allow us to rest. Looking at the shore we find that we have passed our former landmarks, and yet we must still pull on our oars. We shall not share the fate of those wno have all and cry for worlds to conquer, whose achievements bring stagnation and enervation of character ; we are compelled to advance.

> Harriet E. Giles, President. Lucy H. Ujton, Dean.

Atlanta, Ga., Feb. 16, 1899.

## ANNUAL MEETING OF THE TRUSTEES OF SPELMAN SEMINARY.

The eleventh annual meeting of the trustees of Spelman Seminary was held at that institution on the 16 th inst. at $10 \mathrm{a} . \mathrm{m}$., and, besides the president of the Seminary, Miss Harriet E. Giles, and the dean, Miss Lucy H. Upton, there were present the vice-president, Rev. Dr. William J. White, who presided, Rev. Dr. William W. Landrum, Rev. Dr. Malcolm MacVicar, Rev. Edwin P. Johnson, Mrs. M. C. Reynolds, Judge George Hillyer, and W m. E. Holmes.

Dr. Mac Vicar held Gen. Morgan's proxy and William E. Holmes those of Rev. Dr. E. J. Fisher, Hon. Robt. H. Cole and Hon. John D. Rockefeller.
After a session of three and a half hours devoted to the present interests and the future welfare of the institution, members of the board whose
term expired, the officers and the executive committee wtre re-elected, and the meeting adjourned.

The members re-elected are:
Henry L. Morehouse,
John D. Rockefeller, Chester W. Kingsley, Elijah J. Fisher.
The officers re-elected are:
President, Henry L. Morehouse,
Vice-president, William J. White, Secretary, William E. Holmes,
Treasurer, Miss Harriet E. Giles.
The executive committee:
Chairman, William W. Landrum,
Secretary, William E. Holmes, George Hillyer, Henry McDonald, Elijah J. Fisher.
William J. White, Vice-president.
William E. Holmes, Secretary.

## ALTRUISM VERSUS INDIVIDUALISM.

Kingdoms have risen and fallen; nations have had their day and ceased to be ; characters who figured prominently in them have lived their brief space and passed off the scene of action. History brings the people of successive periods into fair knowledge of their existence. What has been the contribution of kingdoms and republics to succeeding generations? What spirit has prevailed in each generation? What does the world of today immortalize?
In the cradle of nations, despotism held sway. The born great wrapped about them their mantle of pomp and splendor, and bade the nations bow at their feet. Barbarous and cruel wars were waged by them to swell their grandeur. But warriors rarely shared the spoil. The despot reigned for himself; the people still groped in ignorance and darkness, saving those who needs must rise above the common level to help the ruler wield his mighty sway. The spirit that every man is king could not prevail ; that every soul is susceptible to finer touches had no place in their consciences.
But such a condition of affairs was not to last forever. And subsequent history revealed master minds, who saw the correspondent element of nobility in their fellow men. Alexander the Great, Cæsar, Napoleon summon the world to the greatest admiration of military power and self advancement. But to what height of nobility did they lift their fellow men?

Greece produced a Socrates, pronounced one of the wisest and greatest of the human race. His truths have been handed down in immortal lustre. The world esteems him as one of its
greatest benefactors. His teachings were far reaching and liberal. Society was bettered. And though he made many enemies because he desired the welfare of humanity promoted, he was fearless in his teaching, for which he bravely and fearlessly met his death.

Dark were those days for want of the true religion, and the worship of the true and only God. But the Light that shone in darkness wrought its telling influeuce on the world, and with the issuing in of the Christ came the fellowship of mankind, and the spirit that man lives not for self, but for humanity. Then came the disenthrallment of mind and heart.

And what can enrich humanity as freedom of thought?

But how few comparatively have lived up to the teachings of this greatest of teachers. He came to set up a kingdom; but all the subjects are his brethren, and heirs with him. What a rulership! And the same spirit must characterize each subject.

Nations have, and have had their statesmen, socialists, and divines. But in each calling, the desire for fame being the ruling aspiration of the majority, the world paid them homage. But where there were those who served the world regardless of renown, she reverenced them as deliverers.

The age of chivalry had its virtues and vices; but at its height what valuable service did it render the political, social, and religious world? And through it nation touched nation, and a broadening of thought was evolved therefrom; in this age was produced the finest types of wholesouled gentlemen and the world has been the more enriched by the age of knighthood.
The world is not quick to accept new thrones or doctrines when thrust upon her ; but she can never be forgetful of far reaching reforming power.

When men of unselfish motives make decrees, are filled with the spirit of elevating the people, are subdued with the power of turning them to righteousness, the ends of the earth echo their praise, and their names are among those immortalizd.

The true optimist exemplifies the spirit of helpfulness and is the real man. He is lost in the uplift of others, for, says Steele-"Zeal for the public good is the characteristic of a man of honor and a gentleman, and must take the place of pleasure, profit, and all other private gratifications."

To the Christian martyrs the world owes the spread of the gospel. So to every movement characterized by the
motive of bettering humanity, is the recompense of turning its attention into better channels.

J. A. Granderson. Coll. Dept.

## IMPERIALISM IS AN UNWISE POLICY.

The character of a nation sustains the same relation to the nation that that of an individual bears to the individual and for a nation to be found guilty of insincerity is as damaging as it is for an individual. To start out with the avowed intestion of waging war for the sake of oppressed humanity and afterward to end it up as if the secret intention all along had been for the sake of land grabbing places a nation in a dangerous light before the world.

Since the United States is known as a free and independent nation, according to every individual within its bounds privileges which are given to men in no other country, a province coming under its control would expect all the rights given to the territories which already form a part of it, just as the emigrants who come to this country have the idea that they may become full-fledged citizens as soon as their feet touch American soil and have visions of the President's chair standing right across their path. The states now composing the United States, with the exception of the original thirteen, were nursed from infancy by the mother Union and were only admitted after they had attained manhood with the principles of the mother thoronghly inculcated in them, and to take into the family a strange child reared by unwise hands who comes in expecting equal rights with the others would cause great discord in the family.

Coincident with the demand for stateship would be the demand for citizenship. One of the peculiar features of the government is free suffrage and it is natural to suppose that a province would expect this also. But can a sane people consent to allow other people, who have no knowledge of their peculiar needs, and who are really not capable of judging for themselves, say what is best for them? At the same time, to refuse this would bring down upon the head of the United States the censure of the onlooking world and the accusation of having fallen from its high standard which was only adopted that it might bring to them a certain amount of glory and was cast aside as one would a garment that had become uncomfortable.

The emigrants who come here come right among us where they hear our language every day and very soon learn to understand it and then to speak it themselves. Their children go to English schools and learn to use the language and become imbued with the spirit of those who speak it. But in the case of provinces at a distance there would be no way for the people to learn the language except in schools, and comparatively few would have that advantage. What would be the result? Fellow-citizens that are not able to converse with one another and consequently misunderstanding one another and unable to become bound one to another as brothers should be.
Under present conditions each state contributes toward the carrying on of the general affairs of the government, but with provinces, schools would have to be established by the government, improvements made in the sanitary conditions, officials supported and the starved and weakened people helped until they can stand. Can we who are now groaning under the weight of war debts, not to mention other things, burden ourselves more? Would the people submit to it with nothing for compensation but a few more square miles added to our territory?
Like young men reared in small towns and villages who are anxious to see more of the world and learn its ways, and who go all unprepared and, finding the lesson too hard, drift along wrecked and ruined or return home worse for the little they have learned, we want to begin to have more to do with the business of the world, though we have not a sufficient number of men prepared for carring on the business. The man with a few months' experience in running a corner grocery in a village is not prepared to take charge of a wholesale business house in a large city.

Are our methods of carrying on our government so perfect that we wish more chances for practising them? Is the sight of men driven to the polls like cattle to vote as the man who has bought them dictates so pleasant that we wish it repeated? Is a court presided over by Judge Lynch such a glory to our nation that we wish the number increased? There is no doubt but that those who carry on these practices will rejoice to have more fields for carrying on their work. And if we can not stop such evils at home, how can we prevent them abroad?
A departure from old habits and customs would necessitate a change to

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## SPELMAN MESSENGER.

E. O. Werden, Editor and Publisher.

## ATLANTA, GA., MARCH, 1899.

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Spelman Messenger
99 Leonard Street, Atlanta, Ga

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This number of the Messenger illustrates no special department of the school, but deals with matters of wider import. The annual meeting of the Board of Trustees of Spelman Seminary was held here on Feb. 16, to consider the best interests of the school and plan for the work of the coming year. We publish the report of the Secretary and also the annual report of the President of the Seminary. We are sure our readers will be pleased to look into the faces of the founders of the school, one of whom is still with us, as our much beloved and revered President, while the other, her life-time friend and co-worker, has passed before her into the Master's presence. She has only gone before. We also show the face of one whose words and work must be well-known to all interested in our school, the efficient and honored Dean of Spelman Seminary, the right hand of the President in all her labors of love. Other columns give papers gleaned from ordinary class work. The mid-year examinations are past ; the work of the last half year is well begun, and all goes merry as a marriage-bell. By the way, there has rung in our midst a "really, truly" wedding bell. On the 17 th of February, Miss Smith, teacher of English literature, whose portrait appeared in the Messenger


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MISS LUCY H. UPTON, DEAN OF SPELMAN SEMINARY.
last month, became Mrs. H. C. Denslow, and now makes her home under the shadow of Chicago University. It is not always that one so fully realizes the ideal in the site of a home. May her future life be very happy, and the university feel, as we have felt, the inspiration of her presence!
-On Friday evening, Feb. 3, Rev. H. H. Proctor, D. D., pastor of the Congregational Church of this city, gave us an interesting lecture on "The Theology of the Old-time Songs." This was a rare treat and we thank Mr. Proctor for his helpful words. Many of these will be sung with renewed interest for his timely talk.
-The Sunday morning lesson, Feb. 5, was given by Mrs. M. C. Reynolds, Corresponding Secretary of the Woman's American Baptist Home Mission Society, of Boston, Mass. The thought emphasized was that we are Christ's epistles to the world, and that men thus read our lives.
-The Christian Endeavorers had a public meeting in the chapel Sunday evening, Feb. 5. The colors of the rainbow were found by their spectrum to be all contained in the light their work is shedding on the world. Seven little girls appropriately arrayed represented these colors.
-The Congo Mission Circle held its monthly meeting in the chapel Feb. 9. Letters from workers in Con-
go were read, and the great advance in civilization in Africa during the past few years was discussed.
-We have just received from the Union Mutual Music and Novelty Co., No. 20 East 14th St., New York City, a copy of fine variations on "Old Folks at Home," composed by J. R. Lerman. The title page shows a photo engraving of Adelina Patti. The Company promise to furnish this 75 cent music to readers of the Messenger for 25 cents.
-On Friday evening, Feb. 10, Mrs. Reynolds told us of Mexico and its people. Mrs. Reynolds has the rare gitts of seeing much and talking well. Her visit has been a great joy to us. In spite of the storm she brought sunshine to Spelman.
-An interesting meeting was held by the King's Messengers, Sunday evening, Feb. 19. The carrier pigeons brought messages from many lands, and Mrs. Reynolds told us of her recent visit to the Indians.
-In The Praise Hymnary compiled by General T. J. Morgan, LL. D., Corresponding Secretary of the American Baptist Home Mission Society, is a large number of choice hymns of high class. We see with pleasure that he has wisely chosen the hymns of true worth, casting out the weak sentimentalities that are so popular in the song-books of the day. It is published by Silver, Burdett, and Company, Boston, Mass.

## BIBLE READING. <br> Lucy H. Upton.

[Given in Spelman Seminary Chapel, Sunday morning, Jan. 29, 1899.

## GOOD LIVING

## A STUDY IN TITUS.

## INTRODUCTION

Last Sunday we considered the precious promises of God as the ground of our eternal hope. Paul tells the Corinthians (2 Cor. 7: 1) that having these promises, we should cleanse ourselves from all defilement of flesh and spirit, perfecting holiness in the fear of God. One of his epistles, that to Titus, who had been left by him in Crete to set in order and perfect the organization of the churches there, has for its key-note, good living. A study of this epistle will be profitable to us this morning. We will consider its teaching under seven heads.

## I.

The preacher must be a pattern of good living, so that he of the contrary part may be ashamed, having no evil thing to say of him. Ch. 2: 7, 8 .

## II.

The Christian teacher must be blameless, so that he may be able by sound doctrine both to exhort and to convict gainsayers. Ch. 1: 6-9.

## III.

All Christians (old men, old women, young men, young women, servants) must live right, so that they may adorn the doctrine of God our Saviour. Ch. 2: 1-6, 9, $10 ; 3: 1,2$.
iv.

Evil living was once ours. Ch. 3 : 3.

## V.

Regeneration made the change in us. Ch. 3:4-7.

## VI.

Christ gave himself for us, that he might have a purified people for his own possession, zealous of good works. Ch. 2:11-14.
VII.

Redemption, regeneration, justification, and an eternal hope lead to good living, or sanctification. Ch. 3: 8 .

## CONCLUSION.

We must be careful to maintain good works. Ch. 3:8.

Perhaps your Master knows what a capital plowman you are, and He never means to let you become a reaper because you do the plowing so well.
-Spurgeon.

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## PERSONALS.

Miss Q. Victoria Priester, Class of '98, is teaching at Brunson, S. C., and has organized a Sunday-school there.

Mrs. S. B. Bacon (Jessie R. Milton, Class of '92) is at present living at Springfield, Mo., where her husband is assistant weather observer.

Miss Ida B. Carswell, Class of '98, T. P. C., is teaching in the Meridian Baptist Seminary, Meridian, Miss.
-During the month we have had sermons by Rev. J. C. Murray, D. D., Gammon Theological Seminary;Rev. I. J. Van Ness, D. D., editor of The Christian Index, Atlanta, Ga.; Rev. E. R. Carter, D. D., pastor Friendship Baptist Church, Atlanta; and Rev, H. H. Proctor, D. D., pastor Congregational Church, Atlanta.
-The "oldest inhabitant" is humbled. He never knew such cold. On Feb. 13, according to official reports, the mercury went down to $8 \frac{1}{2}^{\circ}$ below zern in Atlanta, and on the streets it went too far to chronicle. But eight days thereafter one might enjoy a moonlight stroll without wraps, listening to the anthems of rejoicing chanted by the frogs on the advent of spring. Such is the Sunny South!

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## Continued from page 3.

a certain degree in our government to fit new needs and a new adjustment of the minds of people to the new order of affairs. In nature, great changes come about but slowly or the results are disastrous. The plans laid down by our fathers have, with a few modifications, proved highly successful. And shall we throw away the old with which little fault can be found to adopt a new with great risks? Claudia T. White, Coll. Dept.

JANUARY AND FEBRUARY DONATIONS FOR SPELMAN SEM1NARY.
Ladies' Miss'y Society, Walton Co., Ga., By Mrs. Mary Clements, Pres., $\quad \$ 8.00$ Union No. 1, Rocky River Ass'n, S. C. By Mr. Henry MeGowan. Treas., $\$ 4.95$ Rocky River Association, S. C., By Rev. E. V. Gassaway, $\quad \$ .20$ Union No. 2, Little River Ass'n, S. C. By Mr. H. R. Latimer, $\quad \$ 6.00$

A CTIVE SOLICITORS WANTED EVERYWHERE A for "The Story of the Philippines," by Murat Halstead, commissioned by the Government as Official Historian to the War Department. The book was written in army camps at San Francisco, on the Pa-
cific with General Merritt, in hospitals at Honolut lu, in Hong Kong, in the American trenches at Manila, in insurgent camps with Aguinaldo, on the deck of the olympia with Dewey, and in the roar of ,attle at the fall of Manila. Bonanza for agents. Brimful of original pictures taken by government
photographers on the spot. Large book, prices. Big profits. Freight paid. Credit given. Drop all trashy unofficial war books. Outfit free. Address, H. L. Barber, Gen. Mngr., 356 Dearborn
Street., Chicago.

## DETERMINATION.

What determination the day scholars must have to come to school such rainy and cold days as have been the last two weeks!

We are exposed to all the bad weather, we run the risk of losing our health. Although being well clad, there is danger, especially to those that have to come so far.

But, while thinking over this, I come to this conclusion, To attain knowledge, we must suffer, persevere, and sacrifice. There is no royal road to education. With most of us the way is rugged and dark, but we hope, by continual traveling we will strike a smooth path that is lighted, one which we can travel with ease.

But we know that this smooth road can not be reached, until we shall have ta aveled out to the end the rugged one.
Lillie O. Jones, Acad. Dept.

## THE INDEPENDENT.

The Independent has just celebrated its fiftieth birthday, and its Jubilee number is full of interest. This paper should hold special interest to us because during the troublous times before and during the Civil War, and, in fact, ever since it was established, it stood for the liberty and best interests of the Negro.

Edward Everett Hale tells an interesting fact about the words "independent" and "independence." They can not be found in Shakespeare and Bacon, but are found in literature published after 1650 . He says they came into use berause the Christians of England needed them.

Claudia T. White, Coll. Dept.
-An entertainment for the benefit af the Athletic Association of the College was given in our chapel by Mr. G. LeForest Wood, on the 24th, His rare impersonations were a ireat.

A CTIVE SOLICITORS W ANTED EVERY WHERE A for "The Story of the Philippines," by Murat Halstead, commissioned by the Government as Official
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naldo, on the deck of the Olympia with Dewey, and naldo, on the deck of the Olympia with Dewey, and
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## HEALTH DEPARTMENT.

Conducted by Dr. J. H. Hanaford, Reading, Mass., to whom all questions of general interest should be directly addressed.
(Whether ye eat or drink, or whatsoever ye do, do all to the glory of God. )

He is wire who has more interest in his persunal affairs, seeking the strengthening of all of the powers of his nature, blessing himself and those around him, thus honoring his Creator, than in the business of others, their private affairs.

The ever open gate of death knows no distinction of nationality, race, or color, but freely admits alike, the learned and unlearned, the high and low, the rich and poor, the wise and stupid, the monarch and his subjects, challenging none, admitting all.

As well may we suppose that vegetation will naturally thrive in the arid sands of the desert as to expect human beings to arrive at true manhood and womanhood while failing to develop their mental and moral natures, while remaining in utter ignorance, making no special effort to make themselves acquainted with the intellectual repasts so generously provided for them-a world of beauties and mysteries ever spread out before them, inviting investigation, allowing the mind ever to feast.

It is possible to spend too many hours in study,"burning the midnight oil"-wasting the oil and the powers of the system,-since the student, above all others, perhaps, needs a great deal of sleep-while fewer hours, with the possible intensity of effort, will be more productive of real intellectual advancement. It is scarcely possible to secure too much refreshing sleep, while it is true that about as many hours of physical labor should be secured by the student, as is given to study. True mental success requires due regard to the whole being, the body, mind, and soul, their harmony being secured by obedience to all of their laws, which are the laws of the the Great Law-giver and Creator.

He is indeed poor, a proper subject for the alms-house, who has only money, who has not sufficient intellect
rasp some of the truths of science, who is not attracted by some of the wonder and mysteries of this world, being a vast assemblage of objects which give us the best evidence of a Great Creator,-if we except his revelation to us.

## CYRANO DE BERGERAC.

In the seventeenth century, there was a great writer better remembered by a somewhat dreary book, The Comic History of the Moon, than by his name, Cyrano de Bergerac. He supplied ideas to a number of writers, among them, Moliere. The groundplan of Gulluver's Travets was taken from The Comic History of the Moon.
M. Rostand has made Bergerac to live again by making him the hero of a play which is now having marked success.

Since Ruy Blas, he is as gallant a hero as the stage has ever seen. He is a true son of Victor Hugo-even to that grotesque nose, which served as a help in his plays as it was one of the first things about him to be made fun of.

In one scene he is found making love to his cousin Roxane, for Christian, a very handsome man, but witless and stupid. Cyrano hastens the marriage of Christian and Roxane because of his bitterness towards Montfluery, the actor, who has ogled the Lady Roxane.

Roxane marries Christian, but does not know that his only possessions are his good looks. In the scene under Roxane's balcony, where she leans there among the jasmines, like Juliet, -while in the dusk below, she is wooed by Cyrano whom she thinks is Christian, she only loves this handsome soldier because she thinks he is a poet.

During the marriage, Christian and Cyrano are summoned to war where Christian is the first to fall. Before he was killed, Roxane rode up to their surprise. When asked how she got by their enemies, the Spaniards, she said, "I but drove quietly forward in my carriage, and when some hidalgo's haughty mien would have stayed me, I showed at the window my sweetest smiles, and out of respect to you, the most gallant gentleman in the world, I passed on."

Roxane, fifteen years after, while sitting alone in her room thinking of Christian, reading and re-reading her old letters, was interrupted by Cyrano who was somewhat injured while on his way there. He now tells her of his love ; how he, for Christian, made love to her just under the balcony ; how he wrote all of Christian's letters, and at one time sent her a letter that was intended for himself though Christian's name was signed to it ; and he also composed all the poems.
"Soldier, scholar, poet-a bit of a vagabond, too - the real Cyrano seems to have been especially designed to
figure as the swaggering hero of a romantic and adventurous drama."

This story has been put into a beautiful poem.

Mamie E. Granderson, Acad. Dept.

## ANOTHER DOCTOR.

Coffee May Agree With Some People and not With
Until a year ago, I was a most inveterate coffee drinker.

I have always assiduously abstained from all other forms of stimulants, including tobacco, and hence could easily localize the cause for the numerous abnormal symptons I became subject to. I grew nervous and irritable, became easily excited and experienced a decided loss of memory, together with many other symptoms, indicating an unduly stimulated nervous system. My appetite was poor, sight deficient, bowels irregular. Like thousands of others, I could not bring myself to believe that my favorite beverage was the cause of my abnormal conditions.

About a year ago a package of Postum Cereal came to my office, and I concluded to try it. I was very much disappointed with the trial, the liquid being light-colored, weak and insipid. It lacked the strong flavor I had been so long accustomed to.

I concluded, however, I would have to cultivate a taste for it, and hence persisted in drinking the almost tasteless mixture for several weeks, until finally I became disgusted with it and quit it. I noticed, however, an improvement in my nervous symptoms. Shortly after this my attention was called to your specific announcement as to the length of time the mixture should boil. I took the subject up again, following the directions explicitly, and the result was truly gratifying. The color, the aroma, the taste and everything (except the nerve racking stimulant) was there, and I was completely satisfied. The nervous symptoms entirely went, and all other abnormal conditions vanished. The experience in my own case naturally led to a conclusion as to the cause of the disorders with many of my patients, and I have had occasion in numerous cases to insist upon the abandonment of coffee entirely, and the substitution of Postum Food Coffee, with highly gratifying results.

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