THE NERVOUSNESS OF AMERICAN WOMEN

By MRS. ALMON HENSLEY,
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OUR American women have a national disease.

It is nervousness.

And it is woman's follies that are responsible for her nervousness.

"What follies?" you ask.

Here are a few of them. Rushing into business, social ambitions, unhealthy literature, bad thinking, overeating and unwise eating, insufficient rest, lack of fresh air and want of exercise.

Our women, young and old, have a mania for rushing into business of one kind or another. Women were not intended for business. IT IS A DISGRACE TO OUR CIVILIZATION THAT WOMEN SHOULD JOSTLE AND ELBOW MEN AT THE DOORS OF PUBLIC OFFICES. Not that her mind is not equal to mastering details. On the contrary, she can learn Choctaw and master mathematical problems, but that is not her place.

I do not refer to the exceptional woman. Where nature has shown a strong bias in favor of one distinct line of work it would be absurd to let the matter of sex interfere with the accomplishment of a special mission. But the crowd of wretched, anaemic typewriters, clerks, saleswomen, fighting always a moral battle because of inadequate wages, physical unsoundness and contiguous temptation, is a melancholy sight. It is a condition that we hope a future wiser and more rational social custom will set right.

Women need exercise. Hanging on straps in street cars or pushing around a bargain counter is not exercise. Wear a pedometer during a day spent in this way and see what a short distance has been traveled for the resultant weariness. IF MORE WOMEN SHOPPED AS MEN DO THERE WOULD BE FEWER NERVOUS WOMEN AND MORE BRIGHT, CHEERY HOMES. I HAVE SEEN A NERVOUS WOMAN IN A SLOW STREET CAR EXPEND ENOUGH ANXIETY OF THOUGHT AND CONVULSIVE EFFORT TO RUN THE CAR.

Our women are resorting more and more to narcotics and stimulants to keep keyed up to the necessary pitch. Besides the effect of stimulants on themselves this serious question arises:

ARE THERE NOT ENOUGH TEMPTATIONS TO SURROUND THE YOUTH OF THE COMING GENERATION, THAT WE MUST SOW IN THEM THE SEEDS OF INTEMPERANCE AND SENSUALITY THROUGH THE CARELESS SELFISHNESS OF THE YOUNG WOMEN OF TO-DAY?

A nervous mother does more harm than an intemperate father. Her nervousness makes her undiscriminating and unjust, unduly fault-finding and unduly indulgent. A child has no right to be made the victim of a caprice.

Let the nervous woman put an end to the follies enumerated and cure herself of her nervousness. In doing so she will make the world brighter for herself, her family and her friends.

Girls of to-day have but little need of chaperones. They are a product of a past generation whose services are no longer needed.

Passing of the Chaperone

By SADIE MERRITT.

This is true; but why?

For one thing, the girl of to-day is a different girl from the girl of a generation ago. The girl of to-day is an active, energetic, healthy, athletic girl; a girl fully able to take care of herself should occasion arise. She is a girl who plays golf, who rides spirited horses, who rows, who shoots, who does all those things that the girl of a generation ago did not think of doing. They have given to her a self-reliance, a self-confidence, the girl of a generation ago did not know.

For another thing, the man of to-day is not the man of a generation ago. He may be no more of a gentleman; he respects womenkind no more, but he looks upon them in a different light. To the man of to-day the girl of to-day is a companion; a jovial, wholesouled sharer of his sports, and not the feeble, hot-house plant who must be spoken to only in whispers, and who must be shielded from every chilling blast of winter and shower of summer. The girl of to-day can stand quite as much of hardship and fatigue as he can, and resents any imputation to the contrary.

Many another reason might be named for this passing of the chaperone, but of them all there is one great reason.

SOCIETY, the society that represents the upper and middle classes of humanity, HAS OUTGROWN ITS PRUDISHNESS. It is no longer counted a crime for a girl to accompany a gentleman friend to the theater unaccompanied by a chaperone. Society no longer finds food for gossip in every conversation between a young gentleman and lady that is not listened to by a chaperone. THE CHAPERONE AND THE PRUDE PASSED TOGETHER, and passed never to return.

Yankee stubbornness is the hope of the British manufacturer. The Americans talk of the "set ways" of the orientals, but they should look nearer home.

How America Loses Trade

By S. C. HARDY,
English Furniture Manufacturer.

There is no man in the world more set in his ways and opinions than the American manufacturer. To him the world must think as he does if it thinks at all.

It is this that offers the European manufacturer an opportunity to compete with a competition that would otherwise be ruinious.

The American manufacturer refuses, nine times out of ten, to cater to foreign trade by making such styles and such qualities as the foreign trade demands. Take my own line, furniture, as an example. Houses in this country importing American-made furniture find it practically impossible to get goods made along English lines. The American manufacturer refuses to cater to the English trade in this way. His English customer must take American styles as well as American-made goods or buy a home-made product, though it is not always so good or so cheap.

The same is true in all lines of manufactured articles in which America is competing with us. IF AMERICA EVER SUCCEEDS IN CONVINCING THE WORLD THAT AMERICAN STYLES ARE THE BEST AMERICA WILL CONTROL THE WORLD'S MARKETS. To prevent her doing this is the European manufacturer's opportunity, and he is making the most of it.

Athletics and Society People of New York

It was by accident that Miss Genevieve Hecker became a golf champion. She didn't take to the game at first, but spent her summers yachting and wheeling. Late in the fall of 1898 her brothers went to Yale to train for baseball and most of her chums returned to the city before she did. She began to bang the white balls about "just for fun." Practically she has played three seasons to Miss Hoyt's six or seven.

The Typical Golfing Girl.

They call her the "Flour of the Links." Naturally, since her father is the "Hecker's Oats" man, prinpal member of the Hecker-Jewell flour trust that a few years ago combined a lot of small eastern flouring mills to fight the supremacy of western giants like Pillsbury and Washburn. Miss Hecker herself won out against a western girl.

The worst foe that women golfers have to contend against is nerves. There are players who can make tremendous scores while going over the links alone for practice, but who go to pieces when a great "gallery" watches them and a championship hangs on the result. That is one reason why champions last so short a time. The most successful player at a pinch often proves to be some schoolgirl so young that an earthquake cannot keep her awake the night before a match. Frances Griscom won her title to the championship in that way last year.

Van Tassel Sutphen says that $10,000,000 is invested in golf, and that $5,000,000 is yearly spent in the game by 150,000 members of private clubs. There are besides public links like the famous one supported by the city of New York at Van Cortlandt park, where a perfectly kept green is kept and a professional teacher employed for anybody who wishes to play.

The Woman Champion.

There are probably a hundred men in the country who can beat Miss Hecker at golf. The wonder is that there are not more. It is odd that women do better at games of strength and skill than at intellectual games like chess. Why?

Boys' Games and Girls' Games.

I presume that the best woman chess player in the country is Mrs. Showalter, wife of the gigantic champion player of that name. It is safe to say that there never was a woman chess player of the rank of Steinitz and Lasker and Showalter and Pillsbury.

The latter has just done a feat of chess playing that to me seems almost incredible. Against him were pitted 30 members of the Brooklyn High School Chess club—boys, of course, but some of them capable of putting up a stiff game. Pillsbury was blindfolded. He was led from board to board in turn, making his move promptly and entirely from memory. Each boy had time to lay plans while Pillsbury was making 29 other moves. The expert won 28 of the games. Of course it's no great feat to beat a boy at chess; the difficulty is to remember 30 games at once, not one move of which one can see.

Chess is not a favorite game at girls' colleges. There is invariably basket ball, usually some running, always gymnasium athletics, and at Wellesley rowing is a large part of the outdoor work. I think every man's college in the east has a chess club.

Of the Making of Records.

Besides politics, there is much talking about the making of records. Proctor Smith, for instance, has just run from New York to Philadelphia in three hours and 53 minutes in an automobile. The distance is roughly 90 miles. The feat is bigger than it sounds, because the machine had to slow up while passing through city streets both at the beginning and the end of the run and in towns between.

The Coaching Record Suffers.

Much more excitement was caused by the breaking of the coaching record, because Alfred Vanderbilt took part in it. The six men who shared this feat drove from New York to Philadelphia and back in less than 20 hours. It was a costly excursion. For days in advance the route was carefully covered by agents distributing the horses and making sure that there should be no mishap or delay in transfers. Four horses went usually less than ten miles before being replaced by a new team. Young Howlett, who did most of the difficult driving, is the best amateur whip in the world.

The route these young men took was not the famous old one traversed by Washington when he came to New York to be inaugurated president. Washington traveled from Philadelphia to Perth Amboy and there was rowed by "barge" to the Battery, New York. Newark scarcely existed in those days. The coaching route now runs through Newark, New Brunswick and Princeton. Bicyclists almost always follow Washington's route, ferrying from Perth Amboy to Staten Island and from that to the Battery, landing a few rods farther east than did the Father of his Country.

Activities of the Young Vanderbilts.

While Alfred Vanderbilt was coaching across New Jersey, young Willie K. was leaning far out over the side of a racing auto on a track, making nearly a mile a minute and going about the turns on two wheels. And on the previous night Cornelius Vanderbilt was attending a drill of the Twelfth regiment of the militia, where he has just been elected a second lieutenant. His first lieutenant, by the way, is "Reggie" Foster, a star newspaper reporter, brother of Maximilian Foster, the author of hunting yarns and bear stories.

The Storks Are Investigating.

Cornelius is the only one of these three young men who seems to pay serious attention to serious subjects. Alfred disregarded a jury summons to start on his Philadelphia race. William K. is a merry young man with considerable physical vitality. Cornelius has the strong jowl and heavy face that made old William H. a marked man wherever he went. I shouldn't be surprised to see him some day the richer of the three, though his father did try to "cut him off with a million" for his marrying to suit himself.

People will persist in regarding Alfred as the "head of the family," which he is not, either in the English or the American understanding of the phrase By the English rule Cornelius, the elder son, could not be displaced from his rights for marrying as he pleased or for any other reason. By the American rule William K. Vanderbilt, Sr., is the head of the family, by right of greater wealth and responsibility in the business world.

Alfred Vanderbilt has just leased a town house for the winter, not caring to share with his mother the great $8,000,000 palace at the corner of Fifth avenue and Fifty-seventh street. He is to pay $14,000 a year rent for the Kingsland mansion near by.

It seems like a few months only since Alfred Vanderbilt was married to the beautiful Elsie French. Really it was last spring, and—well, as soon as the storks heard that Alfred had leased the Kingsland mansion they began flying about it, wondering if the roof would be a good place to alight.

A Typical Marriage.

I wonder if we must consider the marriage of the Freddie Gebhards as typical.

She Likes Startling Adventures.

Mr. Gebhardt is 44, tall, by nature strong and robust. He became famous just 20 years ago when he attended Mrs. Langtry through the country on her first visit here, and bought her a ranch in California and other things. After that he took successively to horses, dogs, the Keeley cure, coaching. Then he fell in love again — seriously this time. The lady was "Lulu" Morris, of Baltimore. From the first the nickname was so commonly used that few remembered that she was christened Louise. She was fond of adventure and excitement. It was she who helped start Harry Lehr toward the summit of undying fame—of a sort—by wading with him in a Baltimore street fountain one night. She seems to have been fond of the water. Once she jumped overboard from a yacht fully dressed, dragging a man in after her. Once she bathed in street costume from the beach at Narragansett pier.

When these two were married, people said that Gebhard had settled down and that Mrs. Gebhard would doubtless become more demure. The latter prediction was correct. Mrs. Gebhard is a favorite in that society of which she is a member, but not one of the most extravagant either in costume or manner. But the husband has tired of the marriage. So he goes to Dakota, and there brings divorce proceedings based upon the charge—desertion. His sister sympathizes with Mrs. Gebhard and goes driving with her in Newport to show her allegiance.

OWEN LANGDON.

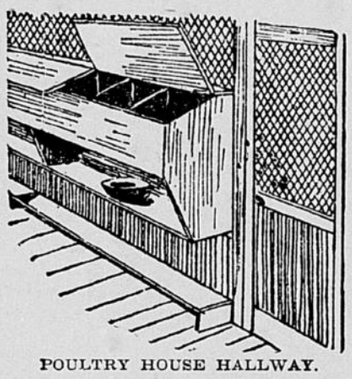
AGRICULTURAL HINTS.

HEN-HOUSE POINTERS.

An Ideal Arrangement of Nest Boxes, with a Convenient Shelf Underneath.

Herewith is shown a drawing made from a rough pencil sketch drawn by the writer, showing a section of the hallway in a poultry house, illustrating the row of nest boxes, with a convenient shelf underneath; also with the feed troughs placed near a slat partition between the nest boxes, through which slats the fowls in the pens eat and drink.

After each meal the troughs are removed for cleaning, and the water pan is placed on the floor near the slats. The eggs are gathered from the hallway, and there is no need to go into the coops except to clean the droppings board, renew the litter, etc. It is a good plan to hang cloth curtains in front of the opening of each nest box, leaving a V-shaped slat in each curtain to admit enough light to the boxes to invite the hen to enter, but not enough to make it uncomfortable for the hen or to induce egg eating. A hen likes a darkened and secluded place in which to lay eggs, and will begin to lay earlier in the season and will actually lay more eggs in such a place than in an open nest that is exposed to the light and to every passer-by.—Poultry Keeper.



POULTRY HOUSE HALLWAY.

GOOD MONEY IN EGGS.

Unless Plenty of Thought Is Given to the Poultry Business Success Is Doubtful.

The poultry business requires but little capital to start, but like all other business brought to successful results, requires an intelligent application of thought. Too much money placed in extra quarters for fowls or for fancy birds, too much corraling of too many kinds, all requiring extra care, extra feed and extra quarters, lessens the profits to the average poultry raiser.

My experience is that the most profit comes from the sale of eggs. Secure one or a cross of two kinds of the best egg-producing breeds, give them their freedom to go where they will, and with a proper amount of energy and observation success is assured. Location and market facilities make a great difference in final results. Three neighbors began poultry raising, one with a dozen or more kinds, prepared quarters for each kind and kept them separate, was obliged to buy extra feed and preparations for the health of the fowls; also costs of advertising were added. Results, too much costs compared to profit.

The other two neighbors started with the best egg-producing breeds, gave them the run of the farm, provided plenty of nests, food, shelter and water. Results, best success of anything on the farm, compared to the capital invested and time spent. In the care of chickens, be very careful not to bring among your fowls those from a flock that have had roup or cholera. Roup will linger in a flock of chickens for years, in a chronic form, and it will not be detected by a casual or careless observer. I know for I have had a costly experience in this matter.—C. E. Hudson, in Farm and Home.

WINTER PROTECTION.

Bees Must Be Kept Dry and Warm and Supplied with an Abundance of Honey.

Bees in winter must be kept dry and warm. Honey is their firewood as well as their food. The colder they get, the more honey they will eat. Protection is cheaper than honey. These frosty mornings send the unprotected swarms to the fuel pile. If you have chaff cushions, put them on at once. If you can do nothing else, get old boxes and turn them upside down over the hives. This will keep off the wind, snow and rain and be a great help. Be sure to keep the flyhole open, for they need pure air.

Several winters ago a great many bees died in this section. To ascertain the cause I visited a number of large apiaries. I found dead swarms only in hives that had moisture in them. This got in either by the hive being in contact with the ground, or by frost, caused by snow banking against the hive. I went home and built a bee house in which I packed the hives in sawdust, since which I have never had a case of winterkill and never expect it. It is as cruel to freeze and starve to death these little friends of ours as other larger creatures.—W. L. Anderson, in Farm and Home.

HAS COME TO STAY.

Raising of Angora Goats Is Profitable, Not a Fad Like the Belgian Hare Craze.

Fads come and go because they lack that quality which gives a thing permanence. At first the growing of Angora goats was designated a fad comparable with the Belgian hare fad, and it was freely predicted that the producer of mohair would soon go. But not so. The Angora has come to stay. We wouldn't run a farm without a small flock of these interesting animals. They are fast becoming very popular and we think rightly so, inasmuch as they are both useful and profitable.

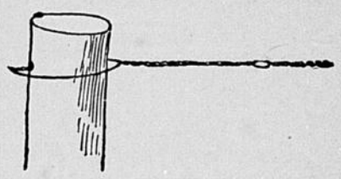
If the prejudice against goat meat were as stubborn as it is against the consumption of horse meat then we should despair of overcoming it, but the aversion to goat meat is not based upon its alleged inferior quality as compared with mutton, but upon the slim fact that the goat "smells bad." We would ask if sheep "smell good?" The odor of the goat does not affect his flesh, but comes from the oil in his long hair. The meat of the goat is said to be just as good as mutton, and while we do not remember of having sampled it we doubt if one man in 100 can tell the difference, although the entire number would perhaps object to eating goat meat. We think the prejudice against the goat is unfounded and will be overcome. It ought to at any rate. The consumption of goat meat would not decrease the use of mutton very materially for many years to come. And even if it did, what right have sheep owners or others to kick?

There is no dodging the fact that the Angora goat has a fine future in this country, and we look for it to spread to the four sides of the country. Wherever it grows weeds will lose their footing. The goat is a valuable farm scavenger and deserves a place not for that reason alone, but because he furnishes a valuable fleece and toothsome meat, and is therefore more than able to pay his way. If you don't agree with the statements made it would be fairer to say so after you have given the Angora a fair trial.—Farmers' Voice.

A HITCHING RACK.

An Inexpensive and Serviceable Device Described and Illustrated by Its Inventor.

Many places in farming communities require hitching racks, but my observations are that good ones are rarely furnished. An inexpensive and serviceable one is shown in the illustration. Posts may be set at intervals of 20 feet, but end posts should be very heavy and well braced or anchored. Bore a hole through each post near the top, run one wire through these holes from end to end of the rack, and another outside the holes. They should be stretched loosely at first, as they must be twisted. This must be done all along the line at once, lest some of the posts be drawn out of place. A number of men can twist them tightly by means of sticks about six feet apart, successive sticks being turned in opposite directions. The wires should be twisted until they are firm enough to resist untwisting when they ought to be drawn tight if done properly. When done the holes left by the sticks in twisting will serve as rings for the hitching straps.—A. Franklin Shull, in Orange Judd Farmer.



THE HOLE IN WIRE.

AMONG THE POULTRY.

Hay generates vermin more readily than straw.

Especially from this time on if the hens are crowded, disease is almost certain to appear.

Eggs in process of incubation in hot, dry weather should be sprinkled with tepid water occasionally.

Raw corn meal should not be fed to small chicks. If it must be given, mix it with one-third shorts and bake.

By sticking to one breed and selecting carefully you can build up a strain that will sell well and give satisfaction.

In breeding and raising poultry, especially for market, size must always be considered, as fowls are sold by weight.

May apple root pounded fine and put in the drinking water is recommended as a good remedy for cholera among poultry.

For hatching duck eggs, hens, in many cases, are preferable to ducks, and they make better and more careful mothers.

Be sure to keep the feeding coops as well as those to confine the hen with her young brood on dry ground; dampness is injurious.—Farmers' Voice.

Money in Diversified Crops.

Agricultural experiments in the middle west for a series of years prove that diversified farming pays best. When the farmer plants but one thing and it fails, his work for the year is practically lost. Fortunately this is not often the case, for farmers as a rule raise such a variety of products that the loss of one is not a calamity. A farmer should study his conditions carefully and plant those things best adapted to his soil. Whatever pays best should be given the most space and the best care.—Chicago Daily Sun.