

# THE PROGRESS.

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SHREVEPORT, LA., SATURDAY, APRIL 21, 1894.

PRICE, 5 CENTS.

## GRAND DISSOLUTION SALE.

The firm of Henry Dreyfuss & Son will dissolve during the month of May, and in order to liquidate its affairs they will

Offer Their Entire Stock Consisting of Over \$60,000 Worth Of

Dry Goods, Clothing, Hats, Shoes, Carpets, Matting, Etc.,

**REGARDLESS OF COST, FOR CASH ONLY.**

Don't Miss This Opportunity of Purchasing The Greatest Bargains You Have Ever Had Offered. The Sale Begins On

**MONDAY, APRIL 16, 1894.**

**HENRY DREYFUSS & SON.**

**DR. C. RATZBURG,**

**DENTIST.**

No. 318 Texas Street, Over  
Bedenheimer's.

**JACKSON'S**

**SHAVING PARLOR,**

No. 527 Market St.

**HAIR CUTTING,**

**SHAVING**

**SHAMPOOING**

— AT THE —

**JACKSON SHAVING PARLOR**

By First-class and Experienced Barber  
at The Usual Prices.

**MISS CLARA G. BAER'S REPORT.**

We take pleasure in publishing the following report upon Physical Education, read by Miss Clara G. Baer before the State Temperance Convention on April 14. As superintendent of the department of Physical Education, Miss Baer is doing much to develop this important branch of Woman's Christian Temperance work.

Dep't of Physical Education.

DEAR FRIENDS:

We have arrived at another mile post on our journey; pausing we wonder what we have done, what left undone. We know there is no such thing as standing still in either a mental or spiritual sense. The fact that we are again permitted to meet together under such favorable circumstances proves to us that our God is with us and we are moving onward and upward. In the department of physical education we can feel particularly encouraged.

A few years ago the subject was scarcely given a thought in the South. A recent article in the Times-Democrat declares that "the necessity of physical education is no longer open to

discussion." The leading universities, colleges and schools in all parts of the country have set the seal of approval upon it by having well equipped gymnasia and special instructors and where these are not practicable, systematic exercise in the school room. That the W. C. T. U. classes this among the very important departments is significant, and that after careful consideration it rejects all names but the one now in common use, shows how much it expects from this department. The term "education" carries with it infinite possibilities for larger growth, deeper understanding and a more elevated sphere of action. It comprehends, too, the melting away of old-time prejudices in the broad light that knowledge throws.

By physical education, then we mean not only systematic exercise of the muscles, but a familiarity with the simple laws that govern health, one of the most important of which is sensible, hygienic dress, the first step toward the freedom we seek. A few simple hints from the journal, "Physical Education" for April, may be helpful.

1st. Wear sensible shoes. That is select shoes which fit your feet, no matter if they are not as some one else selects. The heels should not exceed half an inch in height.

2nd. For warmth use jersey underwear. Thus the weight of several skirts can be avoided and one, or at most two, worn.

3rd. Have the dress skirt light in weight. By means of this, and the previous suggestions, the "dragging" of skirts can be largely overcome.

4th. Support the skirts from the shoulders as well as the waist. They may, by a carefully adjusted yoke, be made to rest upon the hips without undue pressure upon the abdomen.

5th. Use waists instead of corsets.

Most women need some support for the breasts; but a light boneless waist (or Mrs. Newell's Breast Support Form, 102 Dickey Avenue, Chicago, Ill.) is as effective in this direction as the stiffest corset. The sup-

port to the back and abdomen which corsets give is unqualifiedly bad.

6th. Have the clothes to fit, but constriction of the body in any part is to be avoided.

To this we may add, use the muscles to carry the body erect; keep the chest lifted by voluntary effort, rather than to rely on external support. Many useful hints as to how to attain normal physical development, graceful carriage, good breathing capacity, etc., can be gained by careful reading; yet by far the better course is to take up work in physical education. If you cannot leave your own home for such a purpose, offer inducements to some competent teacher to come to you. In New Orleans the Y's have been enjoying such a privilege this winter under the careful instruction of Miss Ethel Perkins. The success of the class was largely due to the energy of the bright winsome president of the Y's, Miss Myrtle Shirely. We believe these are but the first steps toward such a work in many of our unions; for a duty lies with us in this as in other parts of our work to awaken public interest, to "agitate" along these lines, that the future will hold for Louisiana a system of education embracing the physical—the foundation for the mental and moral.

Respectfully,

CLARA G. BAER,  
State Supt. Phys. Ed.

Farmers, see to it next Tuesday that you and your friends vote for a man whom you know is your friend and will stand by your interest in Congress.

Wonderful Show.

Don't fail to go and see Prof. Gentry's Paradox Show. Fifty wonderfully educated dogs and ponies. Grand matinee at 3 o'clock this evening. A bushel of fun for everybody! The wonder of the age! Entrance door, corner Crockett and Market streets. Admission—children, 10 cents; adults, 20 cents.

Don't forget to go to the polls next Tuesday and vote for a man to represent you in Congress who is the fearless champion of the people's rights.

## To The Voters of the 4th Congressional District.

SHREVEPORT, LA., April 8, 1894.

—At the request of a large number of voters, I announce myself a candidate for Representative to the Fifty-Third Congress, to fill the vacancy caused by the promotion of Hon. N. C. Blanchard to the United States Senate; the election for which has been ordered by the governor for the 24th of the present month.

In asking the suffrage of the electors of this district, I do so as a Democrat pure and simple. A Democrat who still adheres to the doctrine taught by the great founder, Thomas Jefferson, not the least of whose principles was this, that the majority should rule; that the people were the sovereigns of our great commonwealth, not a few political bosses.

The doctrine of "majority rule" has ever been a sacred one with Democrats, for upon this has been erected this great structure known as a Republican form of government, which is "A government of the people, by the people, for the people," a sentiment which has made this Commonwealth in its conception, organization and form, the grandest country on the face of the globe.

I enter this race with no taint of "bolter" or "independent" staining my garments, but I do so at the request of many who have ever borne allegiance to the Democratic standard, and still float the banner of true Democracy, the rule of the people, the will of the majority. This has been denied them by the mode of procedure adopted by the Congressional committee, which has made it practically impossible for a candidate to be the choice of a majority in this contest, four aspirants being in the race, each of whom has a sufficient following to prevent either receiving a majority. On the contrary, it is more than probable that the so-called nominee will be chosen by a meagre plurality.

I had no intention of coming before the people at this time, for the reason that, while every ambitious young man desires political office as the field in which to develop his talents, and as the goal of his aspirations, I had allotted to myself another task in the nature of public work, being the purification of politics in this State. This, with THE PROGRESS as an auxiliary to myself and as a valuable assistant to

the other great reformers, I had hoped to see accomplished in the near future. But the action of the executive committee in ignoring the will and wishes of the people in a matter most important right now, their right to frame a plain and unequivocal platform which would make it impossible for their servant to construe otherwise than what it's language taught, or stultify himself in doing so, called for resentment; and my people have demanded that I should be the standard bearer of their righteous cause.

A man in public life has no personal privilege which should not be subservient to the commands of his people in matters pertaining to the welfare of the Commonwealth; and however reluctant I might have been to lead the army of loyal people upon this meritorious crusade, it would have been unmanly for me to have shrunk from the task, and in the language of the demagogue of to-day say, "select another, put the responsibility on someone else;" thus proving myself unworthy of trust, a case of confidence misapplied. Hence I am before you to-day asking your suffrage and urgently soliciting your rigid inspection of my political record, and private one as well, if you so desire.

As I am now fully before the public as a candidate for Congress, it is but just for me to openly state the position I occupy on the leading issues of the day. In fact, if they were not demanded, I should insist on giving them, as I take pride in espousing their cause.

To begin with, I am a member of the Farmers Alliance and shall uphold and support the cause of this down-trodden people, who with the laboring classes, bear nearly all the burdens of government, and receive little or no legislation in their interests.

I endorse the Ocala demands and will use my best endeavors to have them enacted into law, or their spirit put into practice, if I am elected. I could not be a true Democrat, an honest follower of Jefferson and Jackson if I did not. On this platform I stand firmly and with all the ability, industry, assiduity and manhood I possess.

I believe in white supremacy; Caucasian rule. I believe this to be the will of God as evidenced by the decree

of Noah issued against his son Ham.

I favor and will support the bill for free and unlimited coinage of silver at the ratio of 16 to 1.

I favor bi-metallicism, with both gold and silver on a parity, in the ratio of 16 to 1.

I am opposed to the government's issuing bonds at all, more especially during a period of perfect peace.

I favor and will work and vote to suppress that iniquitous octopus, the bucket shops and futures exchanges, where options and futures are bought and sold.

I believe in true tariff reform, and think that all revenues of the government should be raised by taxing the luxuries, thus leaving necessities free from all duty and relieving the poor and distressed from bearing the burdens, and placing them upon those who are able to bear them.

I believe in a graduated income tax.

These items are but part of that great and righteous platform, known as the Ocala Demands, which (aside from the sub-treasury plank, which was but a reconventional demand against the national banks and which has been practically abandoned) were enacted in the interest of the whole people, without prejudice, partiality or favoritism for or against any class, and with these as my claims for your support and the reasons why I should be sent to Congress, and not be counted out nor my opponent be counted in. I remain Your obedient servant,

C. D. HICKS.

State Convention Y. M. C. A. at Texarkana, Ark.

For the above occasion which meets at Texarkana April 19th to 22nd, the Cotton Belt Ry., will sell round trip tickets on the receipt and certificate plan at one and one-third fares for the round trip. Tickets and certificates to be issued on the 16th to 21st inclusive, and honored for the return passage, when properly executed on or before April 25th, 1894. For further information apply to F. M. Donohoe, Union Ticket Agent.

Vote for the man to represent you in congress who belongs to no clique or ring.