

MY RIGHTS.

BY SUSAN COOLIDGE.

Yes, God has made me a woman,
And I am content to be
Just what He meant, not reaching out
For other things, since He
Who knows me best and loves me best has
ordered this for me.

A woman to live my life out
In quiet, womanly ways,
Hearing the far-off battle,
Seeing as through a haze
The crowding, struggling world of men
Fighting through their busy days.

I am not strong or valiant,
I would not join the fight,
Or jostle with men in the highways,
Or stain my garments white;
But I have rights as a woman, and here I
claim my right:

The right of a rose to bloom
In its own sweet, separate way,
With none to question the perfumed pink,
And none to utter a nay,
That it reaches a root or points a thorn, as
even a rose-tree may.

The right of the lady-bird to grow—
To grow as the Lord shall please,
By never a sturdy oak rebuked,
Denied nor sun nor breeze;
For all its plant slenderness, kin to the
stronger trees.

The right to a life of my own;
Not merely a casual bit
Of somebody else's life flung out,
That, taking hold of it,
I may stand as a cipher does after a num-
eral writ.

The right to gather and glean
What food I need and can
From the garnered stores of knowledge
Which man has heaped for man,
Taking with free hands freely and after an
ordered plan.

The right—ah! best and sweetest—
To stand all undismayed
Wherever pain or sorrow or sin
Call for a woman's aid,
With none to caviil or misconstrue, by never
a look gainsayed.

I do not beg for a ballot,
Though very life were at stake;
I would beg for the nobler, juster way—
That men, for manhood's sake,
Should give ungrudging, and not withhold
till I must fight and take.

The fleet foot and the feeble foot
Both seek the selfsame goal;
The weakest soldier's name is writ
On the mighty army-roll;
And God, who made man's body strong,
made also the woman's soul.

NEWS NOTES.

E. P. Snow, United States collector for Wyoming, has seized twenty odd barrels of "crooked" whisky at Laramie.

A society has been organized in Galveston, Texas, for the purpose of buying a home in that State for Jefferson Davis.

"Idiot" exclaimed a lady, coming out of the theatre, one evening, as a gentleman accidentally stepped on her trailing skirt. "Which one of us?" blandly responded the man.

When you see a man with a great deal of religion displayed in his shop window, you may depend upon it that he keeps a very small stock of it within.

Though powerful medicines are nauseous to the taste, they are good for the disease; though candid advice is unpleasant to the ear, it is profitable for the conduct.

Mr. Withers, the new senator from Virginia, has eleven daughters, and the Richmond papers say that when he removes to Washington, four milliners of the former town will shut up their shops.

Jay Cooke's magnificent palace, near Philadelphia, is to be sold. It cost \$1,000,000, contributed by a generous but not wealthy class of people, through the kind solicitations of the "religious press."

Among the other luxuries sent from Boston to the grasshopper sufferers of Kansas last winter was a refreshing tract upon "The Wickedness of Gluttony." That tract must have been intended for the hoppers.

The Viceroy of Egypt is about to asterish the world again. He has resolved to build a railroad along the valley of the Nile to the interior of Africa, and as he has plenty of money and thousands of serfs at his command he will, no doubt, accomplish his purpose. In a few years African explorers will be able to travel in sleeping cars, and to write magnificent descriptions of places which they will have passed through in the dark.

HOW TO PROCURE SLEEP.

We read of Bismarck that "his old foe, insomnia, still tenaciously clings to him. He passes whole nights waking. At morning dawn, slumber, if not sleep, comes at last, but day finds him weary and unfit for work, yet with 'mountains of work to get through.' Having paid considerable attention to this important question of being able to procure sleep, I venture to record what I know about it.

The human frame cannot do without sleep. I believe the reason is that the mysterious property—for want of a better name we call it "vital energy"—gradually leaks out during the day. During sleep the machinery of the body, especially the brain, becomes recharged with it. The cause of not being able to sleep—I write now of people in "good health and hard workers with their brains—is that the brain cannot, so to speak, "go down," but it continues to act, more or less. My father, when writing the "Bridgeport Treatise," had his own way of working. He was an excessively busy man during the day, and had only the night hours in which he could write. He generally dined at seven o'clock, and immediately after dinner went to sleep for two or three hours. He then got up and worked on until two or three o'clock in the morning. Just before retiring he took some light pudding or a sandwich, with cocoa or milk. Thus he always slept well, as the blood was diverted from the brain to the stomach.

I have no hesitation in saying that the proper thing to do is to go to sleep immediately (or at least very soon) after the meal of the day. All animals always go to sleep, if they are not disturbed, after eating. This is especially noticeable in dogs; and the great John Hunter showed by an experiment that digestion went on during sleep more than when the animal was awake and going about. This is his experiment: He took two dogs and gave them both the same quantity of food. One of them was then allowed to go to sleep; the other was taken out hunting. At the end of three or four hours he killed both these dogs. The food in the stomach of the dog which had been asleep was quite digested; in that of the one which had been hunting the food was not digested at all.

The fact, I think, shows the advisability of going to sleep immediately after eating. This ignored fact always occurs to my memory when I see old gentlemen nodding over their wine. Nature says to them, "Go to bed." They will not go to bed, but still nature will not allow her law to be broken, so she sends them to sleep sitting in the chairs. People, therefore, who feel sleepy after dinner ought to dine late, and go straight to bed when a sleepy feeling comes over them.

Most good folks, however, do the worst possible thing imaginable; they retire altogether into the drawing room, and then, to make matters worse, they drink tea and coffee. Now I regard tea and coffee, when taken at night, to be poison to certain constitutions. It is very well in the morning, but it is very bad at night. The reason why tea and coffee should not be taken at night is that one contains an alkaloid called caffeine, and the other one called theine. These two alkaloids taken into the system stimulate the brain and do not allow it to go to rest. I speak of this matter from experience. If I take thoughtlessly a cup of tea or coffee after five o'clock in the evening, going to bed about eleven, I cannot go to sleep; and if the brain does fall asleep, the alkaloid will wake it up in an hour or two. Sleeplessness, therefore, is usually caused by tea or coffee, though, strange to say, tea and coffee actually send some people into sound slumber.

I well recollect the late Dr. Wilberforce, then Bishop of Oxford, telling my father, then most actively engaged as Dean of Westminster, of his patent way of going to sleep. It is better than the old-fashioned prescription of watching sheep jumping through a hedge one after another, ships sailing out to sea, &c. The Bishop's prescription was to repeat very slowly the vowels A E I O. In doing this, they were to be faintly pronounced with each inspiration and expiration. It will be found easy to do this without moving the lips, but the vowel U must not be pronounced, for to do this the muscular action of the lips

necessarily takes place, and sleep comes not. I advise my readers to try this plan.

The deepest sleep is always just before dawn. It is, I believe, probable that some change takes place at this time in the atmospheric condition, as the hour just before dawn is selected by savages to make their attack, and it is at this time also, I believe, that a great proportion of children are born.

I now venture to suggest a new but simple remedy for want of sleep. Opiates in any form, even the liquor opii sedat, and chloroform, will leave traces of their influence the next morning. I therefore prescribe for myself—and have frequently done so for others—onions; simply common onions raw, but Spanish onions stewed will do. Everybody knows the taste of onions; this is due to a peculiar essential oil contained in this most valuable and healthy root. This oil has, I am sure, highly suppurific powers. In my own case they never fail. If I am much pressed with work, and feel I shall not sleep, I eat two or three small onions, and the effect is magical. Onions are also excellent things to eat when much exposed to intense cold. Mr. Parnaby, Troutdale Fishery, Keswick, informs me that when collecting salmon and trout eggs in the winter, he finds that common raw onions enable him and his men to bear the ice and cold of the semi-frozen water much better than spirits, beer, &c. The Arctic expedition, just now about to start, should therefore take a good stock of onions. Finally if a person cannot sleep, it is because the blood is in the brain, not in the stomach; the remedy therefore, is obvious: call the blood down from the brain to the stomach. This is to be done by eating a biscuit, a hard boiled egg, a bit of bread and cheese, or something. Follow this up with a glass of wine or milk, or even water, and you will fall asleep, and will, I trust, bless the name of the writer.—Frank Buckland's Land and Water.

"How is Dis?"—An ex-Union soldier (a German), employed as a watchman in one of the government departments, was recently taken to task by the head of the department for living with a woman to whom he was not married, while he had a wife and children. He acknowledged the charges against him, was sharply reprimanded, and was told that such a gross violation of morality would not be permitted, and he must see to it that he mended his ways. "O yab, I will make him all right. So help me gracious I make you no more droubles, and I fix dis ding right away queek." His notion of "fixing the thing" was somewhat peculiar, as the sequel will show. Conceiving the idea that he had incurred the displeasure of the head of the department simply because he had not married the woman he was living with, he "went on top der City Hall and got a license," and calling upon a clergyman with the woman, they were made one flesh. He returned to the department, his face beaming with a smile of triumph, and related his coup d'etat, thinking that he had now "fixed de ting" about right. A short time afterwards, he was thunder struck on receiving a notice of his summary dismissal. On inquiry as to the reason, he was told that he was discharged because in addition to living in adultery with a woman he had now added to his offense the crime of bigamy. "Gott von himmel, how is dis!" said the astonished watchman. "On the first time I was told it was wrong for me to live met a voman without marrying her, and now I get my excharge because I do marry her! Anyway wot I do I make myself troubles all de time."—Ex.

Olean, N. Y., has a clothes-pin manufactory, of which the Olean Times says: "Monday of this week they turned out at this factory 55 bushels of pins. They measure 60 to the bushel, making a total of 33,600 clothes-pins in ten hours. Mr. Latimer ran 600 pins through the lathe in five minutes, and he didn't consider it much of a day for making clothes-pins either. Some may wonder where all these clothes-pins go to and where sold. They are as saleable as flour. Every pin made at this factory is shipped to one firm in New York. They are worth between one and two cents a dozen at wholesale, and retail throughout the country at five cents a dozen."

BY TELEGRAPH.

AMERICAN.

HARTFORD, Conn., 7.—The paint shop of the Newhaven and Hartford Railroad Company was burned to-night; loss \$50,000.

CONCORD, N. H., 7.—A hearing was had before the Supreme Court this p. m. in relation to the senatorial question. The court reserved its decision pending the election by the legislature of a governor. It is claimed now that there is no governor of New Hampshire, and it is proposed to swear in the president of the senate as governor pro tem; this, however, would leave the senate without a quorum, and perhaps further complicate matters.

WASHINGTON, D. C., 7.—Secretary Delano has notified the Indian Bureau that a commission will be sent to the Sioux nation to negotiate with the Indians for the relinquishment of their hunting grounds in Nebraska.

The President has directed that all the lands lying contiguous to the Mississippi river, within twelve miles of the mouth, be reserved for military purposes, under the act authorizing Captain Eades to construct jetties for deepening the channel.

Gen. Henry W. Barry, member of the House of Representatives, from Mississippi, died suddenly to-day in this city of apoplexy.

COUNCIL BLUFFS, Ia., 17.—On Saturday, Judge Williams, in the U. S. Circuit Court for Nebraska, granted a writ of injunction, restraining the treasurer of Douglas County from collecting taxes on the Union Pacific Missouri river bridge as a severalty from the remainder of the company's road; the attorney for the road claimed, as the ground for the injunction that the bridge is a part of the road, and subject, under the State law of Nebraska, to be taxed by the mile at the assessed valuation of \$12,000 per mile.

LAWRENCE, Mass., 7.—The Atlantic cotton mills in this city, employing 1,200 operatives, will shut down on account of the dull market, on the 10th July, and will remain closed till Sept. 1st.

BALTIMORE, 7.—On Saturday, near Odenton, a negro outraged Miss Jackson, a young lady of 18, most respectably connected and greatly beloved in the neighborhood; her parents were absent, and she went to a spring a short distance from the house for water, and while returning she was met by the negro, who seized her by the throat and dragged her to the bushes, holding a loaded gun in his hand threatening to kill her if she resisted. Her clothing was torn into shreds, and her face and neck terribly cut and bruised. The negro was captured this morning in a swamp, and confessed the crime. Several attempts were made to lynch him, but his captors got him on the train for Annapolis.

PHILADELPHIA, Pa., 7.—Jennie C. Rainey, charged with receiving stolen government bonds, had a final examination to-day, and was held for trial. Isaac Otinger, of Raleigh, N. C., appeared and identified the bonds, and stated that they were stolen from him while riding on a Third Avenue car in New York in March last.

John Brown & Son's extensive cotton and woollen mill, in this city, was damaged \$60,000 by fire this afternoon.

OMAHA, 7.—A dispatch from Lookout Station, Wyoming, says that on Saturday p. m. a band of Arapahoe Indians made a descent on Harper's ranche, near that place, and ran off a hundred and ninety head of horses; armed citizens are in pursuit, but the Indians are about two days ahead of them.

CHICAGO, 8.—The Tribune's Washington special says that Secretary Bristow called on General Spinner yesterday, and with him visited the bureau of the Treasurer's office. The Secretary expressed great sympathy with General Spinner in his misfortune. One result of the visit has been that the Secretary has issued a general order forbidding visitors from seeing the vaults or bond room, or any room where money is kept. For many years those places have been among the most notable sights in Washington, and the practice has grown up in the Treasury Department of issuing almost unlimited permits to visit them.

A dispatch from Fort Leavenworth was received at General Sheridan's headquarters this morning, stating that the Quahada band of

Comanche Indians came into Fort Sills on the 3rd, and surrendered. They number one hundred and eighty warriors and three hundred women and children, and have fourteen hundred ponies.

NEW YORK, 8.—Aaron Schute, of Brooklyn, discovered a burglar in his room last night, although sixty years old he grappled with the intruder, when the burglar shot him through the neck and then escaped; Schute will die.

TRENTON, N. J., 8.—An order of the chancellor has been made, appointing H. J. Jewett, late president of the Erie Railroad Co., as receiver of all the interests of said corporation in New Jersey; his official bond for a hundred and fifty thousand dollars has been approved by the chancellor, and he has taken the oath of office.

OMAHA, 8.—The June races of the Missouri Valley Association commenced at Driving Park to-day, under the most flattering prospects.

WASHINGTON, 8.—Louis McClair, who is to be manager of the new bank in San Francisco, recently incorporated, had an interview to-day with the Secretary of the Treasury and the Director of the Mint, in relation to the policy of the government in obtaining supplies of bullion for silver coinage.

Major James R. Martin, Assistant Adjutant General, has been relieved from duty in the Adjutant General's office of the War Department, and is ordered to report to the commanding general of the department of Arizona, for duty at the headquarters of that department.

The Secretary of the Interior has appointed Governor Axtell, of Utah, to be governor of New Mexico, vice Geddings, deceased, and Geo. W. Emery to be governor of Utah, vice Axtell.

CONCORD, N. H., 8.—Geo. H. Stowell, president of the seceding republican senate, received this morning a copy of the opinion of the Supreme Court on the senatorial question, accompanied by a letter from Chief Justice Cushing, stating that the court could not recognize any body claiming to be a senate other than that organized by the selection of the Hon. Mr. Sanborn as president. The republicans are not wholly satisfied, claiming that the opinion does not touch the main point at issue, as the alleged assumption of duties by the executive is not prescribed by precedent, or fundamental law. It is thought that the seceding senators will return this p. m., and that the business of electing a governor in joint convention will be proceeded with. The democrats claim that there can be no legal election now, as the time prescribed by the constitutional limit has passed.

The seceding republican senators returned to their seats this p. m. The Senate concurred with the House in notifying the governor that both branches of the legislature were organized and ready for business. The House passed a resolution fixing to-morrow for the election of governor.

PHILADELPHIA, 8.—A mass meeting of those in favor of an expedition to the Black Hills was held to-night. Different organizations will leave for the Black Hills by different routes, and when all are together they will number fifteen thousand.

NEW YORK, 8.—A long consultation took place to-day, between Jewett, of the Erie Railway, Commodore Vanderbilt, of the New York Central, and Thomas A. Scott, of the Pennsylvania Central Railroads, for the purpose, if possible, of making arrangements for the benefit of the three lines. The subject of the increase of the present schedule of rates was under discussion, but ultimately had to be abandoned for the present. The future plan of the management of the lines on a more amicable basis was also canvassed at great length, but left unaltered for the present. Receiver Jewett, however, expresses the hope that ere long everything will be satisfactorily arranged between the three trunk lines.

FOREIGN.

HAVANA, 7.—A duel took place, yesterday, between Dr. Algernon Sydney Curtis, of N. Y., and Salvador Cortreal, a tobacco merchant of Havana and New York. The combatants had been intimate friends for many years, and lived together in New York. Curtis arrived here two weeks ago, and was stopping at Cortreal's house. He states that yesterday morning he was awakened by Cortreal