

THE SOUTHERN WOMAN.

MAMIE L. HATCHETT, Editor.

Official Organ of the Woman's Press Association of the South; devoted to the literary, social and industrial interests of Southern women.

A woman's rank
Lies in the fullness of her womanhood;
Therein alone she is royal.

—GEORGE ELIOT.

It's faith in something and enthusiasm for
something that makes a life worth looking at.

—OLIVER WENDELL HOLMES.

Announcement.

By special arrangement with the publisher, THE SOUTHERN HOME will be furnished to members of the Woman's Press Association of the South and to kindred organizations at half rates—ONE DOLLAR per annum. Subscriptions must be sent through this office.

These columns are open to the full and free discussion of all matters of interest to the organization, each member being entitled to a limited space upon topics deemed admissible and recognized by the editor as worthy of public attention.

Desiring to aid the Association in every way possible, occasional local advertisements, not exceeding ten lines, will be inserted for members free of charge.

It being the object of this department to keep the public posted as to the progress of women, more especially of the South, members of this association and of sister associations are requested to communicate with us, from time to time, giving such items from their own or from other localities as would prove of general interest.

Being, outside of this department, identified with THE SOUTHERN HOME as a regular contributor, subscriptions sent to this office will receive prompt attention. Our friends will please address all letters and exchanges to THE SOUTHERN WOMAN, Henderson, N. C.

DRESS REFORM.

A new magazine devoted to dress reform, has recently been established at East Orange, N. J. Of the editor, Mrs. Annie Jenness Miller, Clara Bewick Colby of the *Woman's Tribune*, writes the following:

"One of the most delightful experiences connected with the writer's recent trip to Washington was a call on Annie Jenness Miller, authoress, lecturer and elocutionist. Her life of late has been spent in private, working out a favorite idea of hers—to invent a style of dress for women which would be both healthful and beautiful. She is thoroughly artistic in everything she undertakes, and out of the richest materials she has devised for herself costumes which have charmed Washington society, being set off by her own beauty and grace of person. One gets an idea from looking at Mrs. Miller what beauty of carriage is possible to a woman who refuses to be deformed by fashion, and who keeps herself firm and elastic by proper physical culture. To stand properly is the first consideration, or rather the second—the first is to have something to stand on, and about this time Mrs. Miller had a shoemaker come from Boston to measure twenty-five of the Washington ladies. The next thing is to be simply and evenly clothed in four garments, three of which cover the figure from the neck to the ankles, and none of which have a band or a strap. The outer garment, which is a princess dress form, is draped to suit the wearer, and while not deviating in principle, may look like a busque and skirt, polonaise or anything known to dressmakers. The beauty, simplicity and charming effect of these garments can but faintly be conceived by one who has not seen them; but, thanks to the fact that Mrs. Miller has become the fashion of the hour with newspaper correspondents, and is almost as much written about as if there were a scud attached to her name, they are now very familiar to the readers of the daily press. Mrs. Miller can but feel that she has been especially roused up to fight the tyranny of fashion and the idiosyncrasy of its slaves when she reads that the jet-trimmed dresses which are now the rage weigh from thirty to nearly fifty pounds. Under the old dispensation women wear what "they" do, and sacrifice health, comfort and beauty, or the possibilities of such, at the mandate of a dress-maker backed by the invisible but resistless will of Madame Grundy. Under the new dispensation, of which Mrs. Miller is the apostle, this trinity of good fortune may be the sure portion of the girls, and may largely be gained by women who have even reached middle life "subject to a change."

PHYSICAL DEVELOPMENT NECESSARY TO INTELLECTUAL GROWTH.

While the world is being so much exercised over the higher education of women, it is time that common sense and humanity put in a plea for a more perfect physical development without which mental cultivation can prove of little real worth in the every-day struggle for sustenance and distinction. Feeble minds and feeble bodies must inevitably go hand in hand, just as a stunted tree produces faulty fruit, and it is a false idea of beauty that has made deformity attractive, and a false idea of womanliness that has made a suppression of natural spirit and vivacity feminine, that has done more towards the physical deterioration of the female sex than all the hard work and heavy burdens that have ever been put upon deluded woman. To physical weakness can be traced almost all of her afflictions and oppressions, and the first work for reformers is to bring about a social system that shall cause the present generation of feeble, diseased women to be supplanted by a sturdy, vigorous race—healthy in mind and healthy in body, of strong nerves and brave hearts—fit to be the mothers of statesmen and the guardians of a grand republic. Nothing is more conducive to this end than a reasonable amount of free, hearty and pleasurable exercises: full and frequent inhalations of the pure, sweet air under the bright canopy of heaven, to which the nectar of the gods is not to be compared and which a generous Father grants unasked to the meekest of His creatures. Cultivation is too prone to slight the natural sources of inspiration and delight for the empty artifices and insinuating poisons of our modern fast life, losing thereby the best part of existence and the only unalloyed happiness to be found in this troublous world of sin and suffering. The most beautiful and glorious of created things which it has been the lot of man to enjoy, is our great mother, nature; and the more nearly we approach to and copy her, the more nearly we attain to perfection. What a race of monstrosities we would have if people were really formed as the ever changing fashions make them appear! A series of metamorphoses varied with each new birth, such as to warrant the plausibility of certain mystic fables of ancient lore. And what absurd presumption for human artists to suppose that they can improve upon the finished workmanship of a divine sculptor! Science can do much, but it can never give that graceful turn and elasticity to the human form which natural development imparts, nor can the most delicate and finely prepared cosmetic infuse into the cheek that lovely bloom which is lent by the morning to her worshippers. Humanity is most beautiful and elevated when most perfect and genuine; the mind and the body are as dependent upon each other as the plant and the flower, and digestion is as necessary for both as food. Vigorous bodies make active minds and cheerful natures, the surest safeguard against the thousand ills that flesh is heir to.

Physical suffering has a strong tendency towards souring the disposition, and often causes the afflicted one to view life through clouds and shadows rather than from the brighter side. These gloomy colorings are unconsciously communicated to those around her, who in turn adopt them as their own, and a generation of cynics or imbeciles is the result. This is verified in the recent report of a distinguished physician in charge of an American Insane Asylum. He says:

"I remark that over three thousand cases of insanity have now come under my direct care and observation. In a large proportion of these cases whose history I could obtain, I have found that the remote and predisposing cause of insanity could be traced to the malign influences of childhood. These influences I can not at this time enumerate or consider, but their knowledge justifies the assertion that when the duty of making home wise and happy shall be better realized, we shall have in our land less of vice and crime, and much less of insanity. The neglect of physical training, and the imperfect physical development which follows, consequent in this neglect, are

strikingly evident in many of our female patients. The various causes which are reported to me as the sources of the disease, and which are classified in tables under the heads of "ill health," "intense mental and bodily effort," "grief," "domestic unhappiness," etc., may very frequently be traced, in their influences, to the one cause of a want of physical stamina."

While our girls are learning Greek and Latin, let them or rather their teachers not forget that they are being educated not merely for the commencement exercises and a diploma, but to meet the stern and solid requirements of true womanhood. Perhaps there is no class of individuals among whom healthful exercise is more neglected than among school-girls, factory-girls, sewing-girls, and those whose supposed good fortune it is to sit all day at a book-keeper's or clerk's desk, when the brain is kept in a constant state of activity while the body chafes, like an impatient steed, under the forced restraint thus put upon it. Calisthenics and the short formal walk are not a substitute, the former soon being looked upon as a task and the latter, under the strict surveillance of a teacher, scarcely deserving the name. It is to outdoor sports and untrammelled limbs that boys owe most of the muscle and nerve which makes strong men, while girls are not allowed to engage in an innocent romp or play without being accused of unlady-like behavior and having their mirth checked and spirits affected accordingly. It has also been remarked how very much more robust and practical is the average English woman when compared with the American. This is due to the fact that the former lives a good part of each day in the open air, and providing herself against the elements, pays little attention to exposure, counting a five or six mile walk, a fox chase or a deer-hunt a mere trifle; while the latter, in tight shoes and tight waist, rarely gets beyond the limits of her own village, and even then she does not move at the brisk, steady gait which characterizes her English sister.

No matter what her domestic duties or business engagements may be, every girl and woman should try to so arrange them that at least one hour each day could be given to active exercise in the open air. It would soon be found that time was saved by this system and the preservation of mind and body would be both surprising and incalculable. Where the daily walk is impractical and a plot of ground can be secured for this purpose, horticulture or floriculture are in the highest degree desirable, as an incentive to such recreation. An hour in the early morning, when the birds are bursting their little throats with joyous matins, is the sweetest and most glorious part of the whole day, and no one can feel its inspiring influence without being strengthened physically and spiritually. It is worship; and in one grand unuttered prayer the heart goes out involuntarily to the source of all life, and comes back lightened of half its burdens and prepared to meet the duties of the day.

THREE COUNTIES of Iowa have women recorders and eleven have women school superintendents.

THERE are twelve women practicing dentistry in Germany, who were students of American colleges.

THERE are 6,000 Daughters of Rebekah in the State of Indiana, who are in active co-operation with the Grand Lodge of Odd-Fellows.

THE *Woman's Tribune*, Peatrice, Neb., will be published in future as a weekly instead of monthly as heretofore. It is one of the ablest exchanges on our list.

THE "Daughters of Rebekah" in Indiana has recently erected a memorial statue of Schuyler Colfax, the originator of the degree, in University Park, in the city of Indianapolis. It is of bronze, in the attitude of an orator, surmounting a pedestal twelve feet high and cost \$5,000. The unveiling ceremonies were beautiful and impressive, and the day will long be remembered as one of the most eventful in the history of the order of Odd Fellows.

MASSACHUSETTS has passed a bill providing for police matrons throughout the State.

HARPER'S Bazaar has a lady editor, Miss Mary L. Booth. This fortunate woman draws a salary of \$8,000 a year and a percentage of the profits. She is now taking vacation in England.

Mrs. M. E. M. Davis, one of our charming and popular southern writers, is running a serial in a Boston magazine, which has attracted considerable attention in England. A poem from her pen appears in this issue.

ONE of the most remarkable instances of feminine pluck and enterprise of which we have heard lately is that of Christina Schultz, a Russian maiden, who only reached Dakota, in December, 1885, but who has, since that time, established proof on pre-emption, homestead and the claims, thus becoming the proud owner of 480 acres of valuable land.

The girls of Covington, Ky., have taken a stand which is deserving of all praise, and should be followed by every lady in the land. These independent and sensible girls have organized a "boycott" which is to secure non-association with any young man who indulges in the use of intoxicating liquors. All honor to the State and mothers of such daughters.

MISS RACHEL HICKEY, valedictorian of the graduating class of the Woman's Medical College of Chicago, has the honor of having passed the best examination of any applicant who has ever appeared before that board. She stood 100 in anatomy and unusually high in kindred branches. She has been appointed house-physician of the Cook County Hospital.

The first copy of the *Woman's News*, published at Indianapolis, Ind., is before us. It is a four-column, eight-page semi-monthly, and is one of the most breezy and valuable publications that comes to our table. It is ably edited by L. May Wheeler, late with the *Veteran's Review*, and true to its name, is brimful of news of women and their doings from every section of the country. We predict for the new journal a brilliant success.

JOURNALISM is far from being a new field for women. Indeed, to one Elizabeth Mallet, of London, belongs the distinction of editing the first daily newspaper in the world. It was known as the *Daily Current*, and was established in March, 1702. The character of this journal was reformatory, Mrs. Mallet declaring in her salutatory that it was published with a view to "sparing the public at least half the impertinences which ordinary papers contained."

A LONDON woman, Helen Spurrell, has made a translation of the Bible which has received the highest commendations of scholarly reviewers and is said to be much more enjoyable reading than the "revised version" adapted by the committee. "This woman," says a critic, "seems to have drunk in the dramatic spirit of the Hebrews more profoundly than the male translators, while her original arrangement of the psalms, Song of Solomon, and several other books, furnishes a key to a clearer interpretation. No translator in the future will venture to ignore her work."

THE Woman's Club of New Orleans, is doing a good work in that city, and having proven a financial success, is likely to be a permanent institution. With Mrs. Maria Jefferson Swayze—a niece of Thomas Jefferson—as president, its membership has increased from forty to more than two hundred energetic members. It has leased a building containing nineteen rooms in a desirable part of the city, and after reserving what it needs for its own purposes, rents those remaining to members who desire such protection. Among other helpful features, it has a class in stenography which is free to members and has secured pupils enough outside to pay the teacher a handsome salary. Mrs. James L. Clark has recently been elected president.