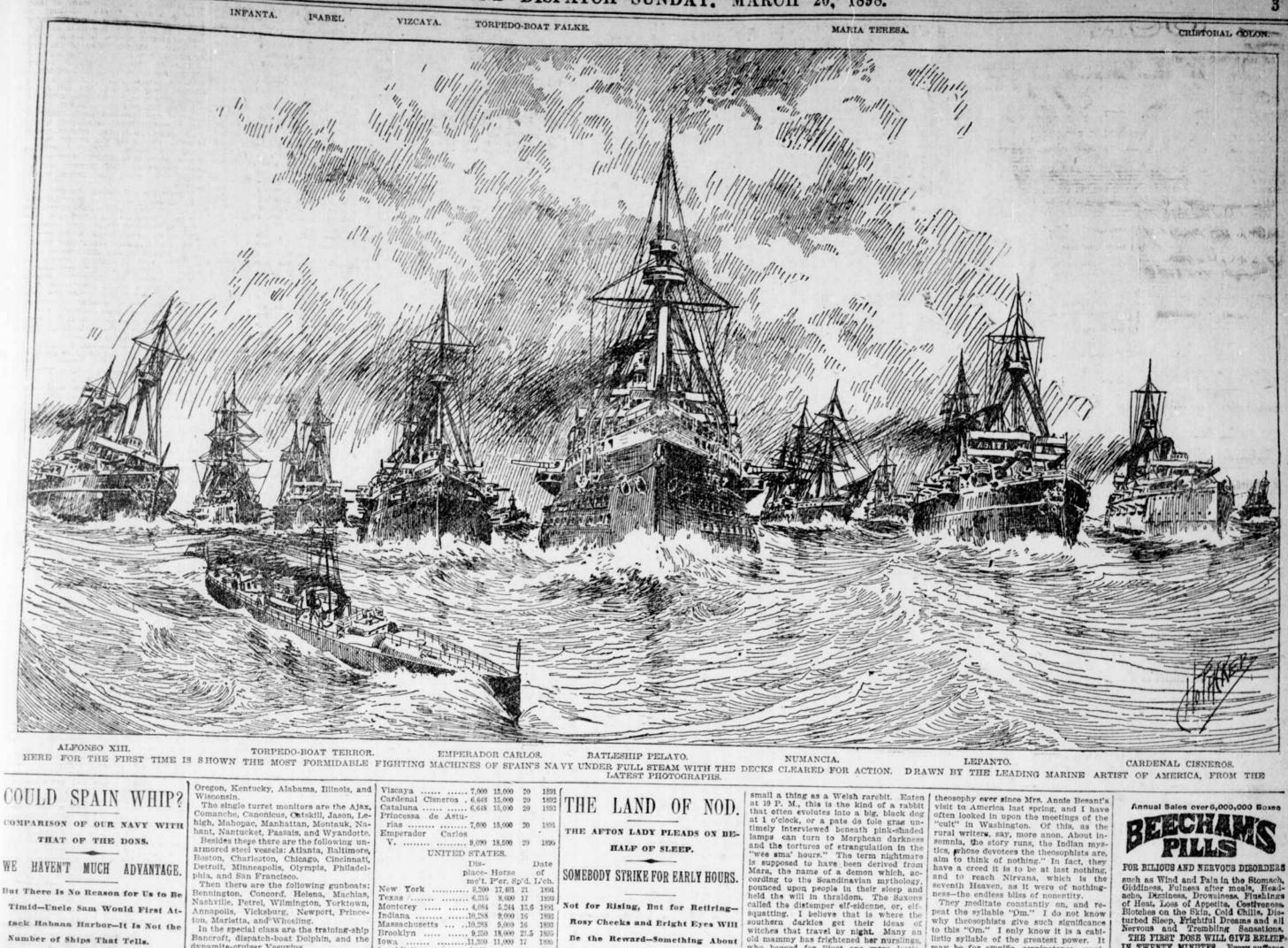
THE RICHMOND DISPATCH-SUNDAY. MARCH 20, 1898.



But There Is No Reason for Us to Be Timid-Uncle Sam Would First Attack Habana Harbor-It Is Not the

Number of Ships That Tells.

(Written for the Dispatch.) well informed man doubts that war will mean a duel to the death between the navy of the United States and that ir Spain whips the United States navy, as she thinks she can, then the battle will be continued on land. If the United States navy sends the Spanish ships to join those of the great Armada at the bottom of the sea, as our naval men are confident they are able to, then there will be no fighting on land, for without ships, Spain cannot, of course, transport her troops here. The chief interest in the war towards which we seem to be drifting revolves around the navy, and a comparison of the fleets of this country and Spain is of paramount importance to enable one to accurately forecast the result of a Spano-American conflict. As the two navles are constituted at present, without taking into considera-tion the vessels that comprise the reserve both countries, those that might be rehused before the outbreak of war yould prevent any foreign nation selling this country or Spain, and the vessels that are not on the fighting strength of or navy, but which patriotism would seedily place there, the following are the comparisons: The new warships chased, are not included in the below list, as their sale has not been confirmed; heither does it include those which are now being built.

story of the witch who rides on a broom stick and gives greedy children the night-(Correspondence of the Dispatch.) mare. AFTON, VA., March 19 .- Somebody There is a phase of sleep, or, rather want of sleep, known as insomnia, which is quite the correct thing to have now, just strike for "early hours." Not for earlier as nervous prostration was the fashionable complaint two seasons ago. the Insomnia and neurasthenia-twin fads and lovely names-are special New York diseases, that Gotham's haut ton physicians are fighting with pills and pow-

and to reach Nirvana, which is the seventh Heaven, as it were of nothingness-the endless bliss of nonentity. called the distemper elf-sidenne, or, elf-squatting. I believe that is where the southern darkles get their ideas of witches that travel by night. Many an old mammy has frightened her nurslings,

They meditate constantly on, and repeat the syllable "Om." I do not know why theosophists give such significance to this "Om." I only know it is a cabi-listic syllable of the greatest power. It may be for omnific, omnipotence, om presence, or stand in some way for " am," which the various societies of theoto the extent of sophists "am" thousands in Europa and the United

States. However much more than you or I have any idea of. In insomnia the sound of "om" is made with, perhaps, an in-ward mental invocation to the god of nothingness-sleep. SOPORIFIC SYLLABLES. As an ald to a deadening of the mind and senses, the following words are to be repeated, each time changing their order in reciting: The sound of broad A, as ah, is given. "Yam, bam, lam, ram, jam, scham."

BEECHAM'S PILLS, taken as directed, will quickly restore Females to com-plete health. They promptly remove obstructions or irregularities of the sys-tem and cure Sick Headache. For a Weak Stomach Impaired Digestion **Disordered** Liver IN MEN, WOMEN OR CHILDREN Beecham's Pills are Without a Rival LARCEST SALE of any Patent Medicine in the World. 25c. at all Drug Stores, (la 12-W&Sul04t a&frotcarm)

SPAIN. Displacement.

Vessel Tons. L Emperador Carlos V., turret

..... Pelayo, barbette Almerante Oquendo afanta Maria Teresa..... vincesa de Asturios Viscaya Lepanto Ensenada Isla de Cuba ala de Luzon Aragon Castilla Conde de Venadito on Antonio de Ulloa...... 1,130 n Juan de Austria..... afanta Isabel 1,130 Cano Flippinas Martin Alonzo Pinzo (since named), conning ower, armor S Torpedo-boat A (since Anetta Torpedo-boat B (since Torpedo-boat C (since 2 Torpedo-boat D (since Damed) Halcon 108 Castor 12 Pollax .. UNITED STATES. 10.288 4 Massachusetts Indiana 10.288 11,410 43 6,315

9,271 Brooklyn New York Miantonomoh, two turrets... Terror, two turrets... Amphirile, two turrets... Puritan, two turrets.... 8,200 31 3,390 3,990 3,990 olumbla 4.008 28 Newark taleigh 2.002 19 Marblehead 2,089 M Castine 1.177 ushing 105 20. Eatabdin, ram

Winslow, Porter, Du Pont, Rowan, and Gwin. Outside of these there are at pres-ent being built eleven others which can be Spain could hope to do little harm to ent being built eleven others which can be gotten ready for service in a short time. This shows, therefore, that the first out- long as we remained on the defensive break of war Spain would have on hand a fleet of thirty-two vessels, including tor-capture of Habana. Should we scatter pedo-boats. These ships would represent a displacement of 76,002 tons, with 432 into the enemy's country, the gains would torpedoes on every vessel of the fleet, and an equipment that, putting point against point, would be superior to that ships were in home waters, prepared to of the United States.

Nashville, Petrel, Wilmington, Yorktown,

Annapolis, Vicksburg, Newport, Prince-

on, Marietta, and Wheeling. In the special class are the training-ship

Winslow, Porter, Du Pont, Rowan, and

Bancroft, dispatch-boat Dolphin, and the dynamite-cruiser Vesuvius. Ampl

Of torpedo-boats the United States have the Plunger (submarine), Foote, Rodgers, Monadnock 3,990

WE HAVE THE BEST OF IT. Whatever the comparison shows when

figures are on paper, however, actually the United States navy is superior to that of Spain, for we have on our side all the elements that in the opinion of experis will constitute superiority in the naval battle of the future, the outcome of which

s largely problematical. It is not the number of ships or the number of guns that will tell in the naval battle of the future so much as the thick-ness of the armor and the caliber of the guns, and, as of old, the fighting spirit of the men. In all these particulars America has a decided advantage. From sources that are thoroughly reliable, it has been ascertained that the fleet which Spain would be ready to put to sea in the event of an outbreak of war, within one week from date, would be five thoroughly-efficient, well-equipped armored cruisers, and one able-bodied battleship. This powerful fleet, it has been figured out, would have a total tonnage of 44,000 tons' displacement.

while the calibre and number of the guns would be as follows: In. In. In. In. In. in. in.

Ö

5,000

1.030

1,030

1.030

1,130

524

760

571

571

571

850

87 97

105

97

33

16

31

In. In. In. In. In. In. In. In. Calibre12.5 11.0 9.5 6.0 5.5 4.7 4.0 Number ... 2 10 2 1 48 12 4 The speed of the war vessels would average 20 knots an hour, and the fleet 9,000 26 9,900 37 7,000 30 could make the trip to our seaports, therefore, in very quick time. A hastily-7.000 30 mobilized American fleet that could be 6,648 24 gotten together at short notice to steam out and report on the movements of the squadron of Spair would consist of the cruisers Columbia, New York, and Brook-lyn. Behind them would be a fleet of 7,000 28 5,000 25 4,826 25 thirteen vessels, including the monitors. The total displacement of this fleet that 3,342 23 the United States could mobilize at short notice would be \$4,500 tons. Their speed would be from twelve to twenty-two knots per hour, and they would mount guns of the following number and callbre:

THE FIRST HOSTILE MOVE.

Assuming that the United States adopt Assuming that the United States adopt-ed the most aggressive tactics at the out-break of war, the first act of this coun-try would be to seize Habana harbor, first sinking the two Spanish war ves-sels there. The capture of the defences of Habana harbor after that would not of Habana harbor after that would not be a difficult undertaking. If Habana were captured, upon Spain would be thrown the obligation of making a counter move that would even up matters, or

of acknowledging herself beaten, throw-ing up the sponge and retiring from the field as a claimant of Cuba. The United States could well afford to let Spain make the next move, after Habana had been continued.

captured. The United States fleet would be able to turn its entire attention to meeting the Spanish squadron, and could cencentrate quickly on any point that the squadron of swift cruisers sent out to reconnoitre the Spanish fleet reported the hostile ships were making for. To give Spain the benefit of the doubt regarding the outcome of an attack on Habana, and admit that the harbor could

only be blockaded and not captured, the opposing fleets at this would be as fol-lows: SPAIN. Date Displace- Horse of me't. P'er. Sp'd. L'ch. 1897 1891

intry with her present our ships in an attempt to carry the war probably be counterbalanced by home losses, but so long as the United States give battle to Spain's navy at any point Spain chooses, there could be little doubt

Indiana

the result being in favor of the about United States. Rapid Rise of Oklahoma.

(Denver Times.) Only seven years ago, about the time of the Baring panle, the first part of what is now Oklahoma was thrown open to settlement. Two years later, in the midst of the panic of 1893, the Cherokee Outlet was added, and the throngs of settlers who rushed there to get a last slice of Uncle Sam's farms revealed the land hunger of the people.

Monterey 4,084 5,244 13.6 1891

Brooklyn 9,250 18,000 21.5 1895 Iowa 11,390 11,099 17 1895

.... 3,990

9,000 16 9,000 16

..... ...

Amphitrite 3,990

Oklahoma now embraces about half of what is known on the map as the Indian Territory. The tribes still retain the other half. But the Oklahoma half of the coming State already contains 275,000 people, or more than Montana, Wyoming, and Idaho combined. It is as-sessed for \$32,000,000. Real value, \$100,000. 000. Last year it produced 20,000,000 bush-els of wheat and 120,000 bales of cotton. It was settled during the depression, and the people are not in debt.



will love to fight until they become an-Some of the most plous men have gels. made the toughest warriors.

A Question of Grub. (Nashville American.)

One reason why no European nation will give aid to Spain is that none can afford to cut off, even for awhile, the food supply drawn from this country.

> They Don't Wave. (Punch.)

Little Tompkins: That fellow Brown tried to stuff me with some of his travellers' tales the other day. 'Talked about his trip to Italy and the waving fields of macaroni: but he didn't catch me, you know. They don't wave.

"Holy Smoke." (Brooklyn Life.) "Is that the rector there puffing at a

'Yes." "Holy smoke."

cigar ?"

Catarrh Mrs. Josephine Polhill, of Due West, S. C., had a severe case of catarrh, which finally became so deep-seated that she was entirely deaf in one ear, and part of the bone in her nose sloughed off. The best physicians treated her in vain, and she used

varions appli-cations of CURED BY washes to no avail. Fourteen bottles of S. S. S. promptly reached the seat of the disease, and cured her sound and well.

SSSS S. S. S. never fails to cure a blood disease, and it is the only remedy which reaches deep seated which reaches deep seated cases. Guaranteed pure-ity vegetable. Books free;

hours of rising, but for those early hours to bed that make one healthy, wealthy, and wise, with a weight of favor as regards the first. One of the direct results of late hours in overwork or in the social whirl is the begetting of bodily weariness and mental disquietude, and I would that some grand dame, with much influence, and more wealth, would set the fashion of Cinderella hours in the name

Nightmares.

Not for Rising, But for Retiring-

Rosy Cheeks and Eright Eyes Will

Be the Reward-Something About

of happiness and good digestion. Her reward will be roses instead of pallid lilles in the cheeks of our belles, and in the eyes of many a society "swoll" a leaping light instead of the gleamless glare of the late reveller. What better tribute of sparkling jewels and radiant beauty could be handed over society's

footlights to such a beneficent leader! Somebody strike for "early hours." Thomas Moore tells us:

The best of all ways, To lengthen our days,

Is to steal a few hours from night, my dear.

And he was certainly an authority. Beddes which moralists contend that, "by rising two hours earlier each day, you will have gained at the end of forty years 29,000 hours, or, seven years of life."

Very likely; but I may not live for forty years, and if I lengthen my days at the one end, I must borrow from the night, or the want of rest will bring me sooner to that bourn of endless day where "time is not"-a condition of repose that same people do not usually long for. If we go early to bed, well and good;

if not, our artificial nineteenth-century life will not permit of much early rising. LET THE LARK ENJOY IT.

Poets may dream of the beauties of the norning. No one denies it. Occasionally, early rising is all very well, but one must be a pumpkin head or a poet to burn the candle at each end-i. e., to go to bed at 12 M. and to get up when the barnyard rooster strikes his alarm-clock at 4 in the morning, forgetting that the rooster has sensibly retired the evening before when the shades of night were drawn. We must have plenty of sound, restful sleep-from seven to nine hours, according to one's vocations and the tax upon the body and brain. And there is a wide difference when we arise from the ideal slumber, toward which I would point, and the languid mornings on which I have heard some of you exclaim: "I am just as tired as when I went to bed!" In the one case you are ready for the day's struggle; equipped for life's emergencies; prepared to do and dare or die, like Archimedes of old, only casting about for a place upon which to rest your lever to turn the world well over with your efforts in the realm of thought or labor.

I may be credulous, and am, by nature, optimistic, but I believe the soundest sleepers are the better people. A troubled conscience no less than an overladen diaphragm, will engender evil dreams and prevent that deep and refreshing slumber with which each day's duties should be "rounded off."

Somehow, after late hours and a bad night's rest, an irritating sense of injury afflicts the best of us, which is the cause of much domestic trouble. Many a true word, spoken not in jest, but in a spirit of impatience after loss of sleep, a word born of physical weariness, has precipitated a divorce or wrought lifelong misery between loving hearts.

NIGHTMARES KICKING UP THEIR HEELS.

Not always is sleep "tired Nature's sweet restorer." Sometimes, even with early hours, instead of a baim it brings a bugaboo in the shape of the nightmare. Man is a wonderful piece of mechanism, and may be thrown out of gear by so There has been a smouldering interest in

If you have either malady you are in the same condition of nervous collapse as is the man or woman who takes too much-and very much too much-champagne. Bromide of potassium is not going to cure you.

who begged for "just one more lectle, lectle piece of cake or pie," with the

Neurasthenia is too high-toned to affect ordinary mortals; it is mostly prevalent among the "four hundred." Insomnia, at one time or another, we have all had. This is said to be one of the little black imps attendant on the other affliction. but to be more readily remedied.

Of this I have my doubts, for of all rubbish in the name of advice for human ailments, the greatest is talked about for insomnia, for the going off to sleep by rule or rote, from soporifics to a plunge bath.

"Lie perfectly still," says the mentor "Do not move even a finger; this will save unnecessary expense of nerve force." My friends, nine times in ten the over wrought nerves need to balance their strain by muscular exertion, and the tumbling, rolling, and tossing relieves tension just as a laugh or cry does.

INSOMNIA ANTIDOTES.

This talk about going to sleep by will power is nonsense, as one knows who has tried it night after night, to the verge of distraction. Worse than this, however, are the

oothing doses given by physicians and the self-practice of bromedia, sulfonel, and all sorts of quack pellets. These give one a glimpse down the broad. straight road that leadeth to hysterics and nervous prostration.

How to woo sleep when the tired brain refuses to be wooed is the great question.

"Why, it's easy enough," says a country friend. "Just count sheep jumping backward over a fence."

"Shall I jump backward and count the sheep?" I naturally ask. "No, of course not; you keep still and

count. Before one hundred are over you will be sound asleep." count.

I try it and grow intensely interested. Before 20 sheep have cleared the palings I am wider awake than ever, and filling green fields with flocks and herds like unto the ancient patriarchs. At a little table d'hote not long since a party of women discussed this sleepless subject, "Insomnia is curable," remarked a sturdy woman as she helped herself to some cold meat, a cold vegetable, with French dressing, a baked apple, and a slice of cold bread. "But how ?" ques tioned another, a pale, nervous creature, who had been complaining of sleepless-ness. "Mainly by temperate eating," she replied, "and cold baths." "At night?" we asked in chorus.

"Yes, at night; when I feel that I am growing restless and nervous, I begin by dumping the bolster off the bed and get my head on a level with my heels. If this fails I try a rubber tubing, with a perforated nozzle fastened to the coldwater fancet, and spray a gentle cold stream up and down my backbone and over the liver."

"Well, for my part," said the girl who was sipping hot buillion, "I would rather get up and read 'Butier's Anology' all night. And I agreed with her. TRY GENTLE TACTICS.

The point best worth remembering is that the more gentle the means employed to induce sleep the more natural and re-freshing will be the sleep. An essential factor is the temperament. These violent means of trying to force sleep would exhaust the vitality of women more delicate than our sturdy advocate of the midnight

nozzle. I heard lately the cheering news

Are you sceptical, untheosophical reader? Well, just you try muttering over these soporific syllables of the wise folk of the East when you are tossing about your bed, wishing it were day. Even if you do not fall immediately asleep, you will experience an inexplica-ble sense of calm-not cam-and be forced

to admit that there is "something in it." My own almost infallible remedy for eeplessness comes also from the realm

of temporary annihilation. Put aside, as far as possible, every waking thought—that is, of the day-time. Think of your dreams—past dreams hat were pleasant-the more recent the better, and go over in detail the scenes they presented. I will not theorize as to why this brings into use the dexter or dream-lobe of the brain and quiets the other, though I believe I know. The the other, though I believe I know. The experiment is safe and easily tried. Not seldom the result is sudden as the fall of a curtain, and seems like a charm.

Try it. A GENTLE RAIN FROM HEAVEN. A gentle, warm rain has been falling for the past three days, which is bring-ing out the grass. The early fruit-blooms of forward pears and May cherries are

bursting. Several large flocks of wild geese have crossed the "Ridge" this week. Mrs. Tavenor Goodloe is visiting her daughter, Mrs. W. P. Lipscomb, of Charlottesville.

Miss Mildred Hill, of Buckingham, is the guest of Mrs. William Zimmermann. Miss Carrie McCallum returns to Shelton next week.

Society affairs-nfl. In Several Languages.

(Chicago Post.)

"What is needed now," said the new woman, "is the higher education of man." Her auditors looked puzzled.

"Of what value is it to a woman," she continued, "to speak three or four lan-guages if her husband understands only Then there was tumultuous applause.

"Probably no single drug is employed in nervous diseases with effects so markedly beneficial as those of cod-liver oil."

These are the words of

an eminent medical teacher. Another says: "The hy-

pophosphites are generally acknowledged as valuable

nerve tonics." Both these remedies are combined in Scott's Emulsion. Therefore, take it for nervousness, neuralgia,

sciatica, insomnia and brain, exhaustion,

Soc. and \$1.00, all druggists. SCOTT & BOWNE, Chemiata, New York.

THE GEORGETOWN ATHLETES.

IN TWENTY MINUTES. Every sufferer will acknowledge them to be

A WONDERFUL MEDICINE.

Students Soon to Cross Bats With Johns Hopkins Team.

GEORGETOWN UNIVERSITY, March. 19.-(Special.)-The first game of the season on the base-ball diamond will be played next Saturday at the university at 4 o'clock, with Johns Hopkins as the opponents of Georgetown. All the pitchers will probably be tried, and the other positions will probably be filled as fol-Jossions will probably be filled as fol-lows: Catcher, Maloney; First Base, Casey; Second Base, Fleming; Third Base, Hafford; Shortstop, Moran; Left-field, McCarthy (captain); Centrefield, Downs; Rightfield, Walsh. While there is very little on which to base a compari-son of the two teams, Georgetown expects to win, as her candidates are in very good condition and capable of putting up a good game, even at this early stage of the season. The grandstand is expected to be near enough completed by

the time the game is called to modate the spectators. A BOWLING CONTEST.

A bowling team representing George-town, played a set of games on the alleys of Carroll Institute last Tuesday evereditable, and one of their record was creditable, and one of their number, Ceppi, distinguished himself by making the highest showing of the evening. The the highest showing of the evening. The team was composed of Collins, E. L. Byrne, Fleming, Ceppl, and Keane. Some of the members of Geor etown's track team are in training, most of them,

however, being beginners. The following have been out since Monday: Claiborne Nagle (who holds the mile championship of Maryland), O'Shea, Miller, McCauley, Russell, Applegarth, and Barry. The older runners, including Walsh, Cody, Dessez, and others, are expected to com-mence work in a few day.

mence work in a few days. The only students who have so far an-nounced their intention of joining the bicycle team are Schude, Moran, and Danemiller, the first named having been elected captain. Training has not yet been commenced, but will be in a few days.

There is a movement on foot to organize

a track team to compete in the mile relay race at Pruadelphia. The last of the examinations for the second term at the law school was held Monday, and on Tuesday the classes re-

sumed work, Judge McComas, lecturer on evidence at the law school, was absent from his classes this week on account of illness.

How He Fed Them.

(Chicago News.) Old Farmer: That's a fine lot of pigs wer there. What do you feed them? Amateur: Why, corn, of course. Old Farmer: In the ear? Amateur: Certainly not; in the mouth,

Feminine Beauty. (Chicago News.)

"Ah!" said Miss Languish, "beauty is only skin dcep after all." "Indeed!" retorted Miss Cutting. "At a guess I should have said yours was laid on thicker than that," and too