

ARTHUR McEWEN TALKS ABOUT STATE POLITICAL MATTERS.

Democratic and Republican—A Free Thinker's Disappointment.

(Special Correspondence of Record-Union.) SAN FRANCISCO, April 24.—The local Republicans are filling so much space in the newspapers, and share so fully in the elated confidence which inspires the party...

body of Americans who have a repugnance against bigotry of any sort. "Young Phelan," said an appreciative Democratic statesman, "would run almost as well as Suro, He's a Native Son that I know. He's got some forehead and doesn't wear football hair."

"Nationally," said Mr. McNab, "the outlook for the party is not bright. I must admit, but things are mending, and there is no telling what the Republicans may not do to help us. The declaration of the Democrats of Massachusetts and Rhode Island for Governor Russell the other day is a good sign. Russell is a strong man, who has twice been Governor of Republican Massachusetts. Fattison? Well, Fattison spoiled himself by running for Mayor of Philadelphia and getting the life knocked out of him. That makes him stale, and a reformer can't afford to take him up."

"The monetary question is scaring both the parties, and the Republicans are getting really dodgy by relating this year for McKinley and more protection. They will have to face it, however, and so will we. Russell is a straight-out gold man, and therefore all right for Eastern votes, however it may be out this way. The Democracy can't elect a President without the seventy-two electoral votes of New York, which is more votes than all the other twenty-five States of the West combined possess. I think the Republican tendency will be to placate the gold men and the Democrats to go as far as is safe to please the silver men."

Mr. McNab is not a silverite himself, but he is not in the habit, as a politician, of letting his inclination interfere with his judgment. "According to my observation," he said, "there is a preponderance of silver sentiment in the Democratic party of California. But the difference of opinion on the question hasn't made any bad blood so far. The State Convention, I think, will send to Chicago a mixed delegation, half for silver, half for gold, and leave them to do the best they can in the National Convention. "We haven't any reason to be afraid of the McKinley enthusiasm to the extent that it involves the tariff issue. We have met and beaten the opposition on that before. On the financial question the Republicans are divided as well as we. The serious trouble with the Democrats is that the party everywhere is more or less disgruntled. Right or wrong, it is dissatisfied with the Administration and the last Democratic Congress. If the Republicans elect the President, they will have the Democrats help them to do it by staying away from the polls. The party lacks cohesion and ardor, and a party that expects a beating is pretty sure to get one."

As to the proposal that in this State there shall be a contest between the Democrats and Populists for the election of Congressmen, McNab spoke approvingly. "I haven't discussed the thing with anybody of consequence yet, and don't know that it amounts to more than a suggestion thrown out to an interviewer by a Popper, but it's a good idea. The Democrats of California have one issue, a home issue, on which they are united, and that's the railroad. The Populists are with us on that, as was shown by the election of Governor Budd. There's no reason, then, why we shouldn't join as against the tariff, and the Populists are in the majority in the State. My notion is that the Populists should make no nominations in possible Democratic districts, and that the Democrats should make none where the Populists are strong. In that way we'd get in some anti-corruption men, and some reformers."

"And speaking of Congressmen and the corporations, we've got a new red ink pickle. Suro is to be asked to take a nomination in the Fifth District from the Democrats and Populists. Loud, who now represents it, got in by a plurality last time. It is composed of a part of San Francisco, together with Santa Clara and San Mateo Counties. It has a normal Republican majority of about 2,000, but Suro could carry it easily. He is tired of being Mayor and won't accept a re-nomination, but we hope that he will consent to go to Congress for a change. No, the old gentleman has lost none of his popularity with the masses. Of course, he is peculiar and overworks the 'Octopus,' but that doesn't hurt him any. He stands conspicuously for the California Democratic anti-railroad issue, and we ought to have a Washington to represent it there."

The determination of Suro to have no more to do with the Majority has disarranged long settled Democratic plans. The old warhorses are trotting to the front, privately and in secret, to take their place, but I should judge from my talks with McNab and other local leaders that James D. Phelan has the best present chance for the nomination. He is young, rich and so ambitious that he would be likely to prefer making a record to obtaining a place in the public eye. That would have been an indorsement which would have made his guilt the guilt of the whole denomination, and reflected some of it on all the sects. The churches have lost their intellectual standing, which accounts for the empty pews there's such a constant moaning over, and if they can be deprived of their pretense to superior morality there'd be nothing left of them for anybody to respect, and that, to my notion, would be a good thing for the world. Brown has been a bonanza for us free-thinkers, and we wanted him kept up there in the pulpit as a bright and shining and representative place for a while. But he will have to be abandoned in the hour of persecution, as they've basely done. All we can say now is that they didn't act in the interest of decency until the press and outside opinion in general forced them to it. It's a pretty good card, but not a trump, of course. Brown's church can keep him if it chooses, in spite of the blasting judgment of the conference, and he announces his willingness to stay on these terms. Probably he has in his deacons and female followers a party that will be strong enough to maintain him in his place for a while. But he will have to go before long. Nobody believes in his innocence. The council which whitewashed him now confesses that it did not indeed, it was remorseful and ashamed whitewashers who led the bat-

tle against him in the conference. The deacons know the truth about him. And so do the unpleasant women who form his body guard. His attraction for them is not his purity. It is a pity that the law cannot reach Brown and jail him. He is so impudent, so thorough a blackguard, that one's sense of the fitness of things is jarred by his being at large. ARTHUR McEWEN.

SOCIAL EVENTS.

(Readers of the "Record-Union" are requested to send to this office persons for weddings, engagements, society notes and home gatherings of every kind. Write on separate papers, and give your name and address, not for publication, but as a guarantee of good faith.)

A high tea was given on Thursday by Mrs. M. K. Miller, at her country home in Salmon Falls, El Dorado County. She was assisted by Miss Clara Neuhourg and Miss Loreta Chipman of Sacramento, and Miss Fanny Weirich of Louisville, Ky. The house was beautifully decorated with palms, ferns and roses. Music was furnished by a string orchestra, and an enjoyable time was spent by all.

PERSONAL MENTION.

Lawyer F. C. Lusk of Chico is visiting the city.

Theodore Allen of Shingle Springs is in the city.

Miss Jennie Allen has gone to Santa Rosa for a visit.

Governor Budd has returned from his visit to Los Angeles.

Mr. and Mrs. M. G. Cecil of Carson, Nev., are at the Golden Eagle.

N. L. Drew is out again, after two and a half months of close confinement to his bed.

Mrs. E. R. Tiel has returned from a visit to friends in San Francisco and Oakland.

Mrs. A. A. Clark of Oakland is visiting friends in Sacramento and will make a protracted visit.

Mr. and Mrs. R. O. Cravens have been the guests of General Jo Hamilton and family of Auburn.

Mrs. Mary P. Hale of Placer County has been visiting Mr. and Mrs. W. D. Perkins in this city.

Mrs. E. Katzenstein and Mrs. B. F. Stoll of this city are visiting Mrs. Jennie Katzenstein of Auburn.

Mrs. Clark Crocker and Miss Julia Crocker of Sacramento will pass the summer at Castle Craig.

Eugene S. Eikus is going for the East to-night for a month's stay. He will visit all points of interest.

Mrs. Yardley of this city has been visiting with her parents, Mr. and Mrs. D. W. Lubeck of Auburn, during the week.

H. S. Allen, General Manager of the Press Clipping Bureau of San Francisco, was in the city last night on his way East.

Miss Daisy Guthrie left yesterday for San Francisco, where she will spend a couple of weeks visiting Miss Irene Cheney, formerly of this city.

Dr. Royles of Woodland is going to Alaska next month to look up a mine in Alaska which the locator described to him and afterward died while returning from a trip to New York.

Mr. and Mrs. F. M. Millikan have returned to Auburn and are living at their old home. Mr. Millikan has again assumed control of his paper, the "Republican," which had been leased to Thorpe & Schardin.

Messrs. Davis, Bragg and others of the Nevada Press Association arrived in the city last evening and will start for home to-day. The excursion party here, however, will be reunited here to-day and go home together. They report having had a delightful time in the south save in Santa Barbara, where they were met by a biting frost (socially). The President of the California Press Association was wired at this point of the return of the party, but is not in the city, but will be reunited here to-day. They are a most companionable and social group and the press men of Sacramento wish them all good things.

Cutting the Steak.

John Bryan, the American fabulist, has written of things that have a living interest. His questions are the questions of the day. He claims that there is but one problem in the world, and that is civilization, and that the one problem of civilization is the advancement of women. Although he approves of the new woman as revealed in most of her manifold phases, he cannot resist making her the subject of a very burning piece of sarcasm, which under the title of "This is Love," reads as follows: "A young man married a beautiful young girl whom he loved very much. At their first meal he carved the steak, and out of his affection for her gave her the tender part. This he continued to do without interruption, giving her the tender part of the steak at every meal for three years. On the morning of the third anniversary of their wedding he begged her to carve the steak, pleading, as he pretended, that he had strained his wrist by carving. To this she readily consented, and as usual kept the tender part of the steak for herself. The next morning, his wrist having suddenly recovered, he carved the steak himself, and kept the tender part for himself. At this his wife burst into tears, exclaiming: 'You no longer love me.' 'Ah, madame,' said he, 'I have done an act of selfishness only for once which you have repeated a thousand times.' Mr. Bryan here refrains from pointing a moral, and merely remarks off-hand: 'She applied for a divorce on the ground of extreme cruelty, and got it.'"

Beards and Bacteria.

The bacteriology of the beard has not yet, so far as we are aware, been exhaustively studied; this might be a new world for one of our young Alexanders of pathology to conquer. That it is possible that disease can be carried in the manner suggested will be denied, but we cannot say that the danger so great that doctors need sacrifice their beards on the altar of hygiene. Most will think even the careful sterilization of the beard on leaving a sick room a counsel of perfection. If the scrupulous hygienist thinks such a precaution useless in sterilizing his beard, and insist on doctors shaving their heads and even their eyebrows. How would our professional sisters like this? To live in the odor of antiseptic sanctity we should, after due purification, clothe ourselves in cotton wool, wrap our heads in sterilized gauze, and go about like veiled prophets of Khorrassan.—British Medical Journal.

Unforgotten.

"Brookton says his friends never forget him." "No. He always borrows money from them."—Washington Star. "Badm—Why do you call me a liar? Hothead—So as to set you a good example in the way of telling the truth.—Truth.

WANT PRIMARY ELECTIONS.

Men Who Object to the Appointment of Delegates.

New Club Members Say They Will Hold Primaries Whether or No.

A meeting called by the recently organized Twentieth and Twenty-first Assembly District Republican Clubs was held at Pythian Hall last evening. Many persons were present to enter their protests against the action of the County Committee in deciding to appoint delegates to the State and Congressional Conventions.

From the first speaker down to the last each vied with the other in the use of bitter, vindictive allusions to the County Committee.

The meeting was organized by the selection of C. F. Gardner as Chairman and L. H. Sullivan Secretary.

MR. GARDNER TALKS. On taking the chair Mr. Gardner said the text for the evening's services should be, "Men, not parties."

The Republicans of Sacramento County desired a chance to express their opinions as to who should or who should not represent them at a convention called under the auspices of the two clubs.

The fate of the motion was decided by a rising vote and nearly all present got on their feet and yelled.

A motion that a committee of nine be appointed on Caucus and Primaries prevailed. The committee appointed was William Henley, J. O. Prewett, H. H. Look, C. E. Adams, Howard Bidwell, C. E. Fowler, L. H. Sullivan, G. M. Dixon and Daniel Hicks.

Before closing the meeting Chairman Gardner called for a donation for the purpose of paying running expenses. Those present passed up their coin, after which the hall was cleared.

OSMAN DIGNA.

Against Whom the Egyptian Army is Now Marching.

The Dervishes, against whom the Egyptian army is now marching, are commanded by Osman Digna. It is said he was born at Suakim, and that his father was a Turkish slave dealer, and he himself is a dealer in slaves. Another story is that he was born in France in 1826 and that he was christened at the cathedral at Rouen under the name of George.

The Chairman then introduced as one of the orators of the evening J. H. Liggett. He commenced by saying that the cardinal principle of the Republican party was and had always been a free vote and a fair count.

The speaker scored the County Committee for assuming the responsibility of appointing delegates to the State Convention. He stood for free and open primaries, and believed that Republicans should have the chance of selecting their own delegates.

This was naturally a Republican year, and every Republican should do his best to make the convention at St. Louis one of representative men, who should nominate a man to bury the Democratic party out of sight, where it would remain in oblivion forever.

DR. C. E. FOWLER Was next introduced, and as an object lesson told the old fable of the lion and the mouse. The Republican party was like the lion—tied hand and foot, and someone had to break the chains. He was present at the meeting of the County Committee when it was asserted that the two new clubs amounted to nothing, while at the same time he had in his pocket a paper signed by 2,100 honorable citizens showing that some same clubs amounted to a great deal. It was stated that an honest primary could not be held. He thought it could, and suggested that fifteen men with bayonets should be placed before each precinct and treat obstructionists as they would a matter of fact.

The Republicans represented by the County Central Committee did not control the Republican vote, by any means, as was shown by the election of Governor Budd and the recent election in this city of Mayor Hubard. There were more in the party who refused to be led by any committee.

LIKENED UNTO DOGS. J. O. Prewett was the next speaker. The action of the County Committee, he said, was a despicable one, and he believed that "God had wasted much when he made such men, when he might have taken the same material and made good dogs." He hoped to see the day and believed he would, when Republicans would be given a free vote and a fair count—when bossism would be a thing of the past.

DR. G. M. DIXON Said he was present because he was a Republican, and as such he should like to have something to say in the selection of delegates to the National Convention. So long as the Republican party allowed itself to be choked off by a County Central Committee it would never be represented by delegates of its own choosing.

He believed that ex-Senator Dray had been called for by the County Central Committee that there could be no honest primaries held, was mistaken, and if such were the case, the matter was to be very easily traced direct to the action of the committee. He was a Republican, and a free citizen man, and he believed that a free citizen man, recently formed in this city was merely a parasite of the gold bugs who expected to profit by their action. The President of the McKinley Club was a banker, and his heart beat in sympathy with the gold kings of Wall street. This meeting had been called for the transaction of business, and not for talk, and he saw no way of getting out of the present difficulty except to hold primaries of their own and send a contesting delegation to the State Convention.

If primaries were held and delegates selected by the regular, and the delegates would probably be recognized, but it would be a protest and one that would count.

HENLEY PROTESTS. William Henley protested against the action of the committee. The principles of the Republican party, as he understood them, were freedom, justice, representation and equality. He had protested against the recent action of the misrepresentatives of the party in Sacramento County at the present time. The men present were a protest against the action of the—

Henley asked to be excused from calling the County Central Committee as he thought it should be called—he preferred to do so in private. He concluded his remarks by moving the adoption of the following resolutions:

Resolved, That the Republican County Central Committee of Sacramento County, by unanimous vote, decided to appoint delegates to the State and Congressional Conventions to be held in this city May 5, 1896; and

"Whereas, Such action necessarily deprives the great mass of Republican voters of their equality, and selection of choice for candidates for the highest offices within the gift of the people; and

"Whereas, The Republican party is

VOICE OF THE PRESS.

EXPRESSIONS OF INTERIOR CALIFORNIA NEWSPAPERS.

Comments Upon Things Local, Governmental, Practical, Theoretical and Current.

Stockton Mail: This new custom in California of paying homage to the flowers is a very pretty one and is growing in popularity. With the leaves and fruit they are the air-woven children of light, and there is a daintiness about them that enchants us all. They have been utilized to symbolize the graces and all the tenderest feelings. Where flowers abound the atmosphere is fragrant with something that is even sweeter than the delicate perfume they exhale. What more enchanting province in her wide dominions has Queen Flora than California?

PROGRESS IS SLOW. El Dorado Republican: So we say of present evils that as they have been developing for half a century, most of us will be dead men before they are greatly modified, and the wisest plans must be those which involve gradual progress toward the equalization of opportunities and the restraint of special privileges.

THE ONE PARTY. Stockton Record: There is but one party through which there is a possibility of working the great National reforms that are being urged with more or less spirit by different elements, and that is the party that has identified itself with modern ideas of progress; that has stood for the Union as against the section, for the greatest liberty of the individual consistent with the welfare of the whole.

The Republican party has proved itself competent to adopt the government of the Union to the rapidly changing conditions of men, and the demands imposed by a higher average intelligence. It has stood in touch with the moral forces of the people. It has been the declared champion of freedom, of labor, of free public schools, of the electoral franchise of the poor with the rich. Its first laborer was to make a home for every American citizen who cared to tame the wild lands, and plant civilization infusions on unoccupied territory. Its very origin was an act of humanitarian sympathy in behalf of the human race. It boldly espoused the cause of the bondman, and never relinquished its hold on the country until it re-established the Union, restored its shattered credit and crowned its active efforts with an era of prosperity that no other country in no age had ever equaled.

BETTER DAYS. Bakersfield Echo: There are better days in sight. They are nearer than some months hence, and they will bring big changes to this locality.

To begin with, before this date next year a Republican President will be inaugurated, and the business of the whole country will have a sigh of relief. It will take some time for the effects of that fact to reach this purely agricultural section of the country, but we will feel it early in the change. Every branch of business will thrill with new life. Prices will advance as if by common consent, and everyone will pursue his vocation with new courage and increased zeal.

DEMOCRATIC VIEW. Fresno Expositor: The resolutions passed by the Massachusetts Democratic State Convention applauding the successful action of President Cleveland in maintaining the credit of the country while the Republican Congress, through its tactics of obstruction, did all in its power to throw the country into a state of bankruptcy, is but an initial instance of the approval that will be shown for the firm and fearless administration of Mr. Cleveland. The howl made against the bond issue was not a very ingenious specimen of Republican maneuvering, for it does not require an exceedingly brilliant intellect to discover that this was the narrow gauge patriotism and evil designs of a notorious Republican Congress that rendered the bond issue odious.

MUST HAVE A CHANGE. Riverside Enterprise: We must have a change. The good, the bright, the joyous, the clean, the honest must have their day in the reading and in our minds. We must have our minds up to the mountain that is good unless we wish to go to the bad. Nothing is so true as this. Our thought absolutely makes us what we are. We can control our thoughts and make them what we will. To this end we need reading that is cheerful, that gives us happiness and prosperity, with the good news of the world. There are plenty of these good deeds—more of them than there are of bad ones. Let the newspapers give prominence awhile to the generous, cheerful and hopeful. Let reporters hunt events of this nature and make a "big story" out of them. The public will thank them. There never was so much suicide, crime, murder, insanity and dishonesty as there are now. Part of it is directly traceable to the horrible prominence newspapers have given and are giving to the news of crime. For reporters, for managing editors, for publishers, there is fire need to take deeply into their souls the command, "Whatsoever things are honest, whatsoever things are just, whatsoever things are lovely and of good report, think on these."

ALL IT NEEDS. Tulare Register: Chairman Taubeneck of the Executive Committee of the People's party, informs his coadjutors that the People's party now has 1,500,000 voters in line, and all the party needs is to have 4,000,000 more in order to elect a President. That party is like unto a man with a match in his hand—all he needs in order to have a real good smoke is a pipe and some tobacco and good luck in lighting the match.

AT ANY PRICE. Merced Star: What is this we see in the city papers? The great and good Populist party limping around the Democratic hospital begging to be taken in on a divide for the spoils in the Congressional districts. Shades of the referendum, paper wads and the calamity whine, "where are you at?" Populist war cry: Official! Give us office at any price!

NO STRADDLE. Colusa Sun: Now the party or the candidate that attempts to straddle a question so prominent as the silver question, one that has been straddled so much, will find that a serious mistake has been made. The people are in a humor for square issues just now. Of course there are men who will not desert their party for what they may call side issues, but there are others who will be governed by one of those issues, and all men have an issue first comes up or when men have not become so embittered as on the financial question. If the Republican Convention undertakes a

CHANGE THE POLICY.

Pasadena Star: American railroads to the Pacific suffer in competition with the Canadian Pacific, which has Government aid, and can carry so cheaply that goods can be shipped by water from San Francisco to Vancouver, and thence by rail to St. Paul cheaper than directly by rail over the American roads—even though the distance be twice as great, and it suffer the expense of three transportations. This came from English protection of her transportation routes by subsidy and otherwise, and from this fact that our country allows the goods to thus go into a foreign country, and out again, in bond—so that it pays no duties. All the remedy in our power seems to be to suspend the handling system and make the freight pay duty if it goes through a foreign country.

CLEAN MEN.

Placerville Nugget: The first man whose past career will not bear the closest scrutinizing and against whom there is a well-grounded suspicion of uncleanness who tries to monkey with the political band-wagon this year so far as Republicanism is concerned is going to be personally interested in the news columns of the "Nugget."

WILL THEY WALK?

Oroville Mercury: The Populist delegates to the State Convention of that party, to emphasize their loyalty to Populist principles, must refuse to travel to their State Convention by rail. They should not walk on the railroad tracks, but they should travel by private conveyance, taking with them the barley necessary to feed their animals and a cold snuff for themselves.

CHURCH AND STATE.

Santa Rosa Republican: Administration of Government through the agency of the churches, even in the smallest degree, will not permanently obtain in this country. Its attempt intensifies the antagonism and criticism of people not connected with any church against all such organizations. It creates and promotes antagonism among churches that must eventually result in harm. It is as bad for the churches as it is for the general public.

WHY NOT?

Dixon Tribune: It has been demonstrated that the whole northern end of Solano County is perfectly adapted for the successful growth of oranges. Many trees are set out every season, but the number is trifling compared with what it should be. Oranges can be successfully grown only in California, and then only in the most favored sections, so there is no fear of overproduction of orange-groves of Southern California or of amassing fortunes. Why cannot our people do as well?

FOREIGN IMMIGRATION.

Oroville Register: Hon. Groves L. Johnson during the present session of Congress made a masterly argument in favor of closing our ports to foreign immigration, and in his speech we quote as follows: The answer made by the Premier of New South Wales, Sir Henry Parks, was, "I care nothing about your cobweb of technical law. I am obeying a law far superior to any which issue their permits, namely, the law of the preservation of society in New South Wales. I plant upon them the law of self-preservation. Let us protect our country, its industries, its labor and its laborers. So shall we protect, as has been the policy of this nation since its inception, against unfair competition, not merely the products of our industry, but the very arms of labor itself. In this manner alone can the foundation of our country be made secure and its superstructure grand and powerful. Give us a law which prohibits the immigration of foreign laborers, lock the door of Castle Garden, and let the millions of paupers and criminals and laborers have passed from steamships to our shores, and the united voice of all the people will indorse our action, and in years to come this Legislature will be called the saving grace of the United States."

THE BI-CENTENNIAL CELEBRATION.

Placerville Nugget: When the editor of the "Nugget" was in Sacramento recently he was one of a committee which urged upon the State Board of Trade the desirability of celebrating the discovery of gold in California and the signing of the treaty of Guadalupe Hidalgo. El Dorado should figure extensively in this celebration. Not as a county by herself, but with Sacramento, the proposed seat of the State celebration.

An excursion to the spot where old John Marsden picked up the bit of rock that caused the world to pulsate with excitement and made California. This should be arranged. The Board of Trade will act upon the matter soon, it is to be hoped. The affair should take somewhat the form of a mines and mining display, something that would attract the attention of the world to the great and splendid opportunities for fortune getting that this golden State still offers.

Humors of Examinations.

In dealing with immature minds, one should be careful to say what he means. A little boy in the course of his reading lesson came to the word "snow," and called it "window," a word more familiar to him. The teacher, who was acting as examiner, corrected the blunder, and then, wishing to improve the occasion, put the question, "What is the difference between 'window' and 'snow'?" The boy's answer began, "You can see through a window, but—"

and then stopped. The amusement plainly visible on the teacher's face prevented this miniature Sam Weller from completing the contrast.—Blackwood's Magazine.

More Than Agreed With Her.

"Now, I maintain," said Miss Strong "that there is no place filled by a man which a woman cannot fill. Is that comprehensive enough?" "It is very comprehensive," replied Mr. Northside, "but I am prepared to go still further in advocacy of woman's ability."

"Are you?" "Yes, I am. On the seat of a street car, for instance, she can fill two men's places."—Pittsburg Dispatch.

A Sure Index.

Bogg—Can you rely on Jones' friendship? Fogg—I am afraid not. He owes me some money. Bogg—Can you rely on Brown's? Fogg—Oh, yes. I owe him some.—New York World.

Medical Item.

Lady (who has a sick husband)—Don't you think, doctor, that you ought to bleed my husband? Doctor (absent-minded)—No, madam. Not until he gets well.—Texas Sifter.

Good to Leap In.

The girls are wearing bloomers so that they can leap better this year.—New York World.



Whichever story is true it is certain Osman Ali or Digna (meaning "the of the heavy beard") was a rich and powerful merchant when the insurrection of 1826 broke out, and he espoused the cause of Arabi Pasha, Emir of heretulean stature, with piercing eyes and heavy beard. He is a splendid soldier and expert in construction of entrenchments and fortifications.

FOOD REMEDIES.

Articles in Common Use That Are Good for Various Ailments.

The "housekeeper" presents a long list of food articles and names their specific uses, from which we take the following:

Onions are almost the best nerve tonic known. No medicine so useful in cases of nervous prostration, and there is nothing else that will so quickly relieve and tone up a worn-out system. Onions are useful in all cases of coughs, colds and influenza; in consumption, insomnia, hydrophobia, scurvy, gravel and rheumatism. Eat one onion every other day, they soon have a clearing and whitening effect on the complexion.

Spinach is useful to those suffering with gravel. Asparagus is used to induce perspiration. Carrots for suffering from asthma. Turnips for nervous disorders and for scurvy.

Raw beef proves of great benefit to persons suffering from consumption. It is chopped fine, seasoned with salt, and heated by placing in a dish in hot water. It assimilates rapidly and affords the best of nourishment.

Eggs contain a large amount of nutriment in a compact, quickly available form. Eggs, especially the yolks of eggs, are useful in jaundice. Beaten up raw with sugar are used to clear and soothe the throat. Sugar and lemon juice, the beaten white of an egg is used to relieve hoarseness.

Honey is wholesome, strengthening, cleansing, healing and nourishing. Fresh, ripe fruits are excellent for purifying the blood and toning up the system. As appetizing remedies, oranges are aperient. Sour oranges are highly recommended for rheumatism.

Watermelon for epilepsy and for yellow fever. Cranberries for erysipelas are used externally as well as internally. Lemons for feverish thirst in sickness, biliousness, low fevers, rheumatism, colds, liver complaint, coughs, etc.

Blackberries are a tonic and useful in all forms of diarrhea. Tomatoes are a powerful aperient for the liver, a sovereign remedy for dyspepsia and for constipation. Tomatoes are invaluable in all conditions of the system in which the use of calomel is indicated.

Figs are aperient and wholesome. They are said to be valuable food for those suffering from cancer. They are used externally as well as internally. Bananas are useful as a food for those suffering from chronic diarrhea.

Pleasant is wholesome and aperient; is excellent for rheumatic sufferers and useful for purifying the blood. Celery is invaluable as a food for those suffering from any form of rheumatism; is a diuretic of the nerves and nervous dyspepsia.

Lettuce is useful for those suffering from insomnia. Water cress is a remedy for scurvy. Peanuts for indigestion; they are especially recommended for copulent diabetics. Peas are made into a wholesome and nutritious soup, are browned and used as coffee, are eaten as a relish, simply baked, or are prepared and served as salted almonds.