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DEMOCRATS AND LABOR LEGISLATION: One of the peculiarities of politics is the disposition of the labor vote to look with favor upon the democratic rather than upon the republican party.

It is also not uncommon to find leaders of organized labor outspoken in political campaigns in favor of democratic candidates and democratic policies, and this, too, in face of the fact that practically all the labor legislation of the country, state and national, enacted at the request of labor organization, has been put upon the statute books by the republican party.

Republican states in the north and west are far in advance of the democratic states in the liberality of their legislation affecting labor. There is no more hopelessly democratic state in the country than Georgia.

A Detective Story: Guy Boothby has written a short detective story under the title of "Cavesson and the Centipede," the first chapter of which will appear in The Journal next Saturday.

A VICIOUS MEASURE: The bill before the legislature, allowing telegraph and telephone companies to string their wires along all highways, without let or hindrance, is one that condemns itself.

A NEW CONSTITUTIONAL NECESSARY: The subject of a constitutional convention is again before the legislature and the people for consideration.

THE PHILIPPINE AMENDMENT: The Philippine amendment to the army appropriation bill, which was opposed by the senate democrats yesterday with tooth and nail and furious rhetoric, embodies a temporary plan of government for the Philippines.

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these matters and safely adjust the delicate machinery which the particular difficulty calls for.

CUBAN RELATIONS: The senate, yesterday, adopted the Cuban and Philippine amendments to the army appropriation bill and passed the amended measure, which ought not to be delayed long in the house.

It is apparent that the first Cuban congress under these conditions could, if it would, renounce any of the obligations to avoid foreign complications or impairing obligations.

Hammerstein Builds Again: Oscar Hammerstein, undisputed possessor of the hammer building on the corner of the world, is again at it. Not content with the construction of nine theaters in this city to date, he is at work on the tenth and intends to be the greatest of them all.

President McKinley, in his message last December, referred to the grave responsibility our nation has assumed before the world for the future good government of Cuba, and said we had accepted a trust which calls for the sternest integrity of purpose and the exercise of the highest wisdom.

The Face in the Sand: Miss Hartwell strolled along the beach at Atlantic City that early summer morning, drinking in the air and watching the slow green waves break, with the conviction that she had a secret to tell.

A Financial: When lightning is going to strike a restaurant at Newark, N. J., with financial means except the \$100 bill received for his weekly work in throwing the beakfast, bacon and liver at the patrons of the food foundry.

When the new revised "Pinafore" comes out with an American battleship in the part of the chorus will unnumber something like this:

WHY IS REAR ADMIRAL SAMPOSON'S opinion so high? The naval club says his position at the battle of Santiago because it is "away off."

AMUSEMENTS: The two leading roles in "Hearts of Oak" at the Metropolitan the rest of the week, including a matinee on Saturday, those of Terry Dennison and Christal, are entrusted to the hands of two excellent specialty artists, Miss Helen Lowell, who is a beautiful woman as well as a capable actress.

A CANDID POET: I'm sick of all this pulling trash / And nabby-pabby rot / A Pegasus you have to thrash / To make him even trot.

NEW YORK DAILY LETTER: BUREAU OF THE JOURNAL, No. 21 Park Row.

Feb. 28.—Since the elevation of Benjamin B. Odell, Jr., to Governor of New York state it has become evident to all politicians here that Senator Thomas C. Platt has finally laid down the reins of leadership and transferred his mantle to the shoulders of his former protégé.

Historical students, owners of libraries, and all interested in American history will find a mine of interesting information in the "History of America Before Columbus," by F. De Roo, recently issued from the Appleton press.

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a replica of the house in London of the same name, only on a far more elaborate scale.

Statisticians are always ready to go about anything in the shape of a problem that may present itself. A couple of days ago one of them was discovered in the lobby of the Park Row building in which this office is located.

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THE ART OF LIVING A HUNDRED YEARS.

THE ART OF LIVING A HUNDRED YEARS. II.—FOOD IN ITS RELATIONS TO HEALTH AND LONGEVITY (By Dr. H. W. Wiley, Chief of the Division of Chemistry, United States Department of Agriculture.)

The relation which food bears to the health of the individual has been recognized as the most important by physicians and hygienists from the remotest times. The disorders and diseases arising from impure food or pure food improperly administered do much to swell the sum of human ailments and distresses.

We are all aware of the intimate relations which food bears to growth and advancement in the animal world, and understood by the general farm animals. The science of feeding the animals of the farm has been so improved within the last fifty years as to be almost exact. Different types of animals are developed for different purposes almost solely by variations of food.

The history of nations has shown that those which have been best fed have been, upon the whole, the strongest, bravest and most rapidly developed. To appreciate this it is necessary to compare those nations that have been well fed for centuries with those that have always had inferior or deficient food.

The study of foods in their relation to national and individual longevities is not so generally associated with the study of longevity. It requires no argument to show that the kind of food which is best suited to the full development of all the powers of the individual, and thus to all the powers of the nation, is also the kind which can prolong life.

It is possible that there may be some forms of adulterated food which are innocuous to health, but they are, nevertheless, fraudulent, and thus injure the reputation for honesty and straightforwardness which is so valuable to both the individual and to the community.

The best way, perhaps, to illustrate the danger of food adulteration is to cite some of the common examples. The most objectionable adulteration is that which is the result of fermentation, or, in other words, the production of certain minute organisms which produce changes in the structure of foods.

By far the best method of destroying these organisms is by the application of heat, a practice which is illustrated on an immense scale, commercially, in the production of canned foods, containing fruits, vegetables and meats. The principle upon which the destruction of these organisms is based is a simple one and consists in exposing the material, after it is placed in the receptacle or can, to the action of heat at a temperature sufficient to destroy the vitality of the organisms which are present and also the spores which they may have produced.

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The food preserver in this case has had recourse to the art of chemistry, and he has demanded of it substances which prevent decay and at the same time preserve the appearance and character of the food unaltered. For this end, a large number of preservatives have been prepared and used. The principle of the action of chemical preservatives is practically the same as that of the food preserver.

There are certain condiments and preservatives which, when used in moderation, do not seem to exercise any injurious retarding effect upon digestion, and among these may be mentioned the two which are most generally known—sugar and salt. These bodies exercise a preservative effect chiefly because they tend to extract water from the bodies to which they are added, and thus reduce the moisture to a point which prevents the action of the fermentative process. The action of no objection urged to the use of such condiments, and especially of sugar, which is itself a food of the highest value.