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SUNDAY, SEPTEMBER 3, 1916.

A Line o' Cheer Each Day o' the Year.
 By JOHN KENDRICK BANGS.
 First printing of an original poem, written daily for The Washington Herald.

THE ROAD.
 What is the Road to Cheer
 Over the Hills of Fear?
 Thinking the floral way,
 Dreaming of meadows gay,
 Speaking the thoughts that rise
 Out of the blue of skies,
 Smiling your way along,
 Steady in face of Wrong,
 Dwelling upon the good,
 Walking in Brotherhood—
 That is the Road to Cheer
 Over the Hills of Fear!
 (Copyright, 1916.)

Villa again reported active, says a headline. The cat who has nine lives might take lessons in living from this Mexican bandit.

A New Orleans judge has ruled that betting on a ball game is not gambling, but few people would care to bet on his court decisions.

The troops at Camp Ordway have adopted the Wilson policy of "Watchful Waiting," but it is a doctrine forced upon them by their superiors.

Now that the Senate and House have passed the eight-hour law for railroad employes, other labor unions are respectfully requested to take their place in line.

Villa is rushing to the border to force Uncle Sam to fight and Jim Jeffries is preparing to polish off the new "white hope" whenever and wherever he appears.

A New York dramatic critic says that no words could fittingly describe Gaby Deslys, the internationally celebrated star. We would submit "Chicken—a la King."

Now is the time for all good men to come to the aid of the party. Republicans and Democrats agree that this sentence should mean something besides proficiency on the typewriter.

Those dealers in foodstuffs who seize upon a threatened strike as an excuse for raising the price of food ought to be taught that this is a kind of preparedness the country unanimously condemns.

The Department of Agriculture declares that hunters are not only guilty of shooting persons accidentally, but have been known to start forest fires. Now if the charge of causing wife to worry will be added, the indictment against these bad men probably will be complete.

President Wilson, supreme hope of the Democratic party, receives his notification without the presence of those who, on past performances, the nation has been accustomed to consider leaders of the party. Witness the absence of Champ Clark and the "Peerless Leader," which is much like "Hamlet" without the melancholy Dane.

The alleged insincerity of the Democrats in creating a tariff commission has been pointed out in numerous Republican organs, but from a wholly unexpected source comes criticism of their course. The New York World, the official organ of the Wilson administration, criticizes the Democrats for reducing from \$10,000 to \$7,500 a year the salaries of the proposed commissioners as indicative of a lack of sincerity and confidence in the usefulness of the proposed commission, and intimates that if cheap men are to be chosen for the commission its findings and recommendations will command even less respect from members of Congress than they otherwise would. "But it is not through low salaries that a commission qualified to serve Congress as it should be served will be secured," concludes the World.

Col. Roosevelt's first speech for Mr. Hughes, delivered at Lewiston, Me., hit hard at the Democratic slogan. "He has kept us out of war." Mr. Roosevelt said that the slogan contains a falsehood; that Mr. Wilson has not kept us out of war, that he has engaged in a number of petty wars, and that a greater number of Americans have been killed by Mexicans than were killed by Spaniards during the entire Spanish war. Mr. Roosevelt added: "When the war with Spain was through it was through, but peace continues to rage as furiously as ever in Mexico." Mr. Roosevelt also said: "McKinley's war with Spain cost less bloodshed than Mr. Wilson's peace, and it reflected high honor on the American people; whereas Mr. Wilson's peace has been one of shame and dishonor for the American people and bloodshed for the Mexicans themselves." Comparing Manila and Vera Cruz, Mr. Roosevelt said: "Mr. Wilson became frightened and abandoned Vera Cruz, whereas Mr. McKinley did not abandon Manila. Mr. Wilson's operations were war just as were Mr. McKinley's, but Mr. Wilson was beaten in his war."

Mr. Wilson Accepts the Nomination.
 President Wilson's speech at Shadow Lawn yesterday formally accepting the Democratic nomination marks the real beginning of the Democratic campaign. What has gone before may be considered as preparations for the "big drive" that the party in power now will make, following the lines laid down by the Chief Executive. The staging of the ceremonies at Shadow Lawn were made to verge on the spectacular, and the leaders in charge of the arrangements probably have succeeded in obtaining the maximum amount of publicity for the event.

The President's address probably will be recorded as one of the strongest he ever has delivered. Throughout may be found a note of his sincerity in his belief that the record of Democratic achievement is such as to win a return to power for the party. The speech also discloses the sincerity of his belief that the Republicans have nothing to offer that the Democrats have not given.

It has been said that Mr. Hughes' speech of acceptance and subsequent utterances have been disappointing. It also will be said that Mr. Wilson's speech of acceptance is disappointing. Mr. Wilson creates no issues. In no way does he broaden the field of combat. Upon the issue of Americanism he practically has nothing to say. He passes by the suffragists and the Progressives without notice. He does not answer the attacks of Mr. Hughes in the way that was expected, but contents himself with an account of what has been accomplished by the Democrats. In answer to Mr. Hughes' charges of inefficiency in government, due to the appointments of inefficient men, Mr. Wilson is silent.

Perhaps there is only one surprise in Mr. Wilson's speech and that comes after a defense of his Mexican policy.

"Mistakes I have no doubt made," Mr. Wilson frankly admits, "but not in purpose or object."

In these words Mr. Wilson virtually admits that Mr. Hughes' charges of wabbling, vacillation and mistake on top of mistake in the Mexican policy are true.

To the Republican charges of the administration's extravagance, Mr. Wilson offers no reply. On preparedness he is silent and though he delivers an ungrudging blow at the hyphens he alludes to the submarine controversy only in an evasive way.

The Democrats have pointed out with effect that Mr. Hughes has failed to say "what he will do." Mr. Wilson also fails to say "what he will do." It is apparent that Mr. Wilson believes his record sufficient as an index to what may be expected of him if he is re-elected, just as Mr. Hughes believes his record as governor of New York is sufficient as an index to what he will do if he is placed in the White House.

In declaring that the Democrats have fulfilled their explicit promises, Mr. Wilson fails to defend the unprecedented expenditures by Congress after a promise of economy, fails to explain the high cost of living after a promise that the cost would be reduced and fails to mention other promises not yet fulfilled.

Mr. Wilson says that "the Republican party was put out of power because of failure—practical failure and moral failure." Those who read his speech with nonpartisan eyes hardly will agree with this statement. Mr. Wilson was elected by a minority of the voters and solely because the Republican ranks were split. Even those who believe that the last Republican administration was a failure will not admit that the party's defeat at the polls was due to that failure.

Mr. Wilson, after saying that "boasting is always an empty business," devotes a few words to a boast of the rural credits act. It is too early to say whether this new law will accomplish what its authors expect and it is a fact that the Federal reserve system still is on trial. Mr. Wilson, however, boasts of a number of Democratic achievements which even Republicans, if at all fair-minded, must admit he has a right to boast of. The administration has been wise in many respects and Mr. Wilson clearly and forcefully calls to mind these wise acts of his party.

Throughout his address, Mr. Wilson maintains the dignity of the Presidency. He talks in language that all the people of the nation can understand and his simple treatment of intricate subjects is admirable in numerous instances. The speech by no means represents all that Mr. Wilson has to say before November. Although he plans no stumping trip, he intends to deliver a number of speeches and it is to be expected that the issues he has ignored in his acceptance address will be treated later.

The nation particularly will be anxious to hear what Mr. Wilson has to say about prosperity. The voters will want to be convinced that prosperity is not due largely to the war and that the Democratic party can guarantee that prosperity in this country will not end with the war.

Joy for the Birds.
 With the most gigantic international quarrel ever sprung still at a white heat and the clash of arms still silencing all other sounds, it is indeed a refreshing interlude to learn that the United States has ratified a treaty with Canada whereby all the birds migrating between the two countries will be protected and encouraged to multiply. For many years, the organization known as the American Game Protective and Propagation Association has been fighting nobly for the ratification of this treaty, and there should be a deep sense of satisfaction in both countries that the effort has been successful at last.

According to Dr. William T. Hornaday, of the New York Zoological Society, it has not been an easy task to win Canada to the proposition. To make the project a success, it was necessary to have the indorsement of every province in the Dominion, and Nova Scotia and British Columbia were slow to contribute their approval. All the naturalists in the Dominion were keen for its passage, however, and some of them toured the country in advocacy of the measure. Early in August, the treaty in its final form was sent to Sir Cecil Spring Rice, the British Ambassador here, and although the sportsmen in the Senate protested more or less vigorously ratification was secured by the friends of the reform, for such it certainly is.

The bird lovers of the two countries are jubilant over this far-reaching protective measure. By it more than 1,000 species and subspecies of the most interesting birds of the continent of North America will be protected from the wanton destruction which has been going on un-

restrainedly until extinction seemed probable in the near future. The treaty is a triumph for the conservationists, and it should inspire them with fresh courage to do additional good work for the preservation of the country's natural resources.

The Aftermath of Overeating.
 By ORISON SWETT MARDEN.
 "Are you full inside?" asked a woman of the coachman, gazing dubiously at a crowded stage. Upon this Charles Lamb put his head through the window and said: "I am quite full inside; that last piece of pudding at Mrs. Gillman's did the business for me."

For how many a boy has "that last" green apple, that last piece of pie, that last cookie, etc., done woeful stomachic or colic business! For how many girls, or even women, has one more dish of ice cream, or a handful more of chocolate creams, done the business of a sour stomach or a start in facial pimples or other disfigurements of complexion! For how many a man has that last helping at table or that last glass of drink brought headaches, indigestion, and poor work!

Addison says that Diogenes, meeting a young man who was going to a feast, took him up in the street and carried him home to his friends as one who was running into imminent danger had not prevented him.

"How many, so far?" asked Dr. Lewis, who had called upon his friend, Jacob Schneider, about 9 o'clock one evening, and found him alone, very seriously occupied with a big wooden bowl of doughnuts.

"Oh, eight or ten, perhaps—only a few, any way."

"Did you have supper?"

Yes, of course I did; I ate supper as usual, and I shouldn't have touched these, but somehow I didn't feel very well and was sort of lonesome, and these doughnuts are kind of company for me, you know. The old woman always fries them for me in the evening, and when they are nice and hot I sometimes eat more'n twenty of 'em just to sort o' pass away the time, you know."

His wife would urge Jacob to "clean up" the doughnuts evenings, for he wouldn't seem to care for them at all mornings, partly because they would be cold, but even more because of his catarrh, biliousness, liver torpidity, constipation, sleepiness, dullness, low spirits, etc., which always bothered him the most mornings. But the doughnuts after supper had nothing to do with those things, or with his pimples, blotches, and yellow or brown spots! Of course not! Those were mysterious afflictions, which the doctor would help him to get rid of and perhaps would show him how to avoid.

The sin of overeating is not peculiar to the rich or the well-to-do. A Jacob Schneider with his doughnuts can be as much a glutton as a Dives or a Lucullus with rich and costly foods and rare wines. Excess in eating is not confined to any class or country. It has been well said that civilized man lives upon one-fourth of the food he takes, and the other three-fourths he takes at the peril of his life. The great majority of people suffer seriously from overeating, from burdening the system to get rid of what it cannot convert into tissue and power.

In reality, only a small part of what over-eaters take into the system is required for the building up and maintaining of the tissues. The residue is only a poisonous, dangerous burden, and instead of being built up most of it becomes the body's enemy. It overtaxes the energy of the different organs, which, instead of going to increase the power of the whole system, is expended in getting rid of the excess of food and in eliminating the resulting poisons.

We all know how much better we feel in the morning after eating a "comparatively light dinner the night before than after a rich and heavy meal of which we have partaken too generously. Every one ought to wake in the morning with new life, feeling wonderfully refreshed and rejuvenated, and having a keen zest for the day's work. The reason we do not is because we violate so many of Nature's laws, especially that one which bids us eat moderately.

Some of our best physicians claim that all sorts of mental and physical ills are fed and aggravated by the poisons of an excess of food half digested and assimilated, and that these diseases which could be cured merely by the adoption of an extremely plain and simple diet. They say that apoplexy, heart failure, and, in many cases, sudden death can be traced directly to stomachs overtaxed and weak, yet pushed on to tasks for which they are unequal by those who have not yet learned to control their appetites.

How many people are suffering from chronic headaches, biliousness, nervousness, rheumatism, gout, and all sorts of liver and head troubles, who would be entirely relieved of those evils just by quitting their overeating and regulating their diet to suit their ages, occupations, and personal needs.

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ARMY AND NAVY NEWS
 Best Service Column in City.

The Secretary of War recently sent to Brig. Gen. Enoch H. Crowder, judge advocate general of the army, for decision on the question as to whether the adjutant general of the State, Territory or the District of Columbia may be an officer of the national defense act of June 3 last. Gen. Crowder replied that an adjutant general was not a member of the militia, and his decision has been approved by the Secretary of War. The decision says, in part:

"The National Guard is to be a national army, composed of men who, while normally engaged in civil pursuits and available to the States for the purpose of local government, are nevertheless Federal soldiers, under a special obligation to the Federal government and subject to its paramount control, organized, trained and equipped to engage in warfare promptly and effectively whenever occasion shall require. Congress has sought thus to provide an effective fighting force for the nation.

"Although such functioning of local government may be necessary to the accomplishment of the national purpose, and certain States may be so intimately related to the National Guard, it does not follow that such an official, though at local law he may be regarded as a military official, acquires under this act the status of an officer of such national army.

"He is appointed by the governor, as other officials are, and is not generally required to be chosen from the organized militia, nor is he necessarily regarded as an integral part thereof. Like other officers of the department of the State government appointed by the governor, he generally holds office at the pleasure of the governor appointing him and goes out of office with him."

The detention barracks of the naval training station at Newport has adopted the army method of fitting shoes. Prior to this little attention had been given by the navy to this important subject. The method of fitting shoes had been left entirely to the individual.

At a training station, where there is continuous marching and infantry drill, it is considered advisable to have properly fitting shoes. To that end a study was made of the report of the army board, and the methods recommended by that body have been utilized in the naval service.

There has always been more or less trouble at training stations and elsewhere in the service on account of abrasions of feet, which cases have now been greatly reduced in number. The recruit is carefully fitted with shoes when he receives his first outfit, and when he is transferred after detention this record is available for the issue of a new outfit. In the meantime, he has three weeks of hard usage of his shoes to determine the necessity of any change in size.

It is hoped that this method of examination may extend throughout the service. At the naval training station also the Swedish system of physical exercise, inaugurated there by Surgeon J. F. Murphy, U. S. N., in 1912, has been carried on continuously. It has been observed that the development of the recruit in physique and weight is remarkable under the influence of this system. The recruits of one company after six months at the station averaged a gain of from twelve to fifteen pounds.

Naval authorities have made but little progress during the past few months in the demonstration of an entirely satisfactory system of coal stoves. Additional experiments are in contemplation, however, and the Bureau of Construction and Repair is engaged on preliminary work to the work of installing the Spencer-Miller design at Norfolk. It is planned to conduct tests of transferring coal from a boiler to a battery boiler under way under various weather conditions.

NAVAL ORDERS.
 ORDERS TO OFFICERS
 Commander Albert Allhouse, to Asiatic Station via October transport.
 R. C. Davis, to Alabama, as executive officer.
 Lieut. junior grade P. T. Lighton, to Cornell University, Ithaca, N. Y.
 Lieut. junior grade P. L. Carroll, to leave of absence, one month.
 Lieut. junior grade C. L. Parry, to Yankton, South Dakota.
 MOVEMENTS OF VESSELS
 Aetna sailed for Hampton Roads, September 1.
 Astoria sailed for Hampton Roads, September 1.
 Esch sailed for Hampton Roads, September 1.
 Baltimore arrived at Hampton Roads, September 1.
 Cash arrived at Norfolk, September 1.
 Columbia sailed for Hampton Roads, September 1.
 Delaware arrived at Hampton Roads, September 1.
 Ingle sailed for San Domingo City, September 1.
 Debuque arrived at Hampton Roads, September 1.
 Duncan arrived at Norfolk, September 1.
 Edison arrived at Norfolk, September 1.
 Florida arrived at Hampton Roads, September 1.
 Florida sailed for Boston, September 1.
 Raleigh sailed for Hampton Roads, September 1.
 Marlhead arrived at Astoria, September 1.
 Mars sailed for San Francisco, September 1.
 Michigan arrived at Hampton Roads, September 1.
 Minnesota arrived at Hampton Roads, September 1.
 McDougal arrived at Hampton Roads, September 1.
 Neptune sailed for Guantanamo, August 31.
 Nevada sailed for Fort Trala, September 1.
 New Hampshire arrived at Hampton Roads, September 1.
 New York arrived at Hampton Roads, September 1.
 Panama sailed for Guantanamo, September 1.
 Porter sailed for Hampton Roads, August 31.
 Prometheus arrived at Norfolk, September 1.
 Raleigh sailed for New York, September 1.
 Saturn arrived at Boston, September 1.
 South Carolina arrived at Hampton Roads, September 1.
 Texas arrived at Hampton Roads, September 1.
 Tucker sailed for Hampton Roads, August 31.
 Utah arrived at Hampton Roads, September 1.
 Vermont arrived at Hampton Roads, September 1.
 Walworth sailed for Hampton Roads, August 31.
 Warden arrived at Newport, September 1.

ARMY ORDERS.
 Capt. Jason M. Walling, Infantry, is detailed to enter the next class at the Signal School, Fort Leavenworth, Kan., for duty accordingly.

The advancement to the grade of major on the regular list of the Signal Corps, by the act of June 1, 1916, of Capt. Quincy O.M. Gilmore, U. S. A., is retained.

The resignation of First Lieut. Charles A. Dewey, First Squadron of Cavalry, Iowa National Guard, is accepted by the President.

The resignation of Capt. Joseph S. Concession, First Infantry, California National Guard, is accepted by the President.

The resignation of First Lieut. Frederick R. Harding, Medical Corps, Pennsylvania National Guard, is accepted by the President.

The resignation of First Lieut. Lemuel R. Riggs, Medical Corps, Ohio National Guard, is accepted by the President.

Second Lieut. William Young, Fourth Field Artillery, is detailed for duty as a student officer in the establishments of the Ordnance Department for a period of two years. Lieut. Young is assigned to station at the Sandy Hook Proving Ground, Fort Hancock, N. J.

The resignation by First Lieut. Bender Z. Cashman, Medical Reserve Corps, of his commission in that corps is accepted by the President.

The resignation by First Lieut. Harry Gantz, aviation officer, Signal Corps, of his commission as an officer in the army, is accepted by the President.

By direction of the President, Capt. Frank L. Graham, U. S. A., retired, is relieved from duty at Fort Union Military Academy, Fort Union, N. M., and will report to the President.

Lieut. Col. Ferrand Sayre, Second Cavalry, is detailed to enter the next class at the Army War College and will report to the president of the college in this city on October 16, 1916, for duty accordingly.

The leave of absence granted Capt. Jose R. 25 August, 1916, by the Department, in the act of June 3, 1916, is extended two months on account of sickness.

So much of paragraph 11, Special Orders, No. 125 August, 1916, of the Department, as relates to Capt. Wilford Tysman, Infantry, is retained.

Capt. Maynard A. Wells, Infantry, is detailed to enter the next class at the Army School of the Line, and will proceed to Fort Leavenworth, Kans., and report in person on October 16, 1916, to the commanding officer of the Army Service Schools, for duty accordingly.

Leave of absence for one month is granted Brig. Gen. George P. Scriven, Chief Signal Officer, Chief, William C. Long, Corps of Engineers, and to the other officers, will report to the commanding general, Southern Department, for assignment to duty as engineer of that department, following Capt. Henry H. Robert, Corps of Engineers, who will report to the commanding general, Southern Department, for assignment to duty. First Lieut. James H. Lawson, Medical Reserve Corps, is relieved from duty in the Southern Department and will proceed to his home. Lieut. Lawson is relieved from active duty in the Medical Reserve Corps.

Leave of absence for two months and four days is granted First Lieut. James H. Lawson, Medical Reserve Corps.

Second Lieut. Patrick Prinsell, Eleventh Infantry, will proceed to Fort Slocum, Tenn., for examination to determine his fitness for detail in the Aviation Section of the Signal Corps.

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