

Sunday Advertiser,

WALTER G. SMITH EDITOR

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DON'T BE A GLUTTON.

A long time ago an Italian named Cornaro—how long ago the encyclopedias will tell you—broke down about the age of forty. He had eaten too much, drunk too much and had too good a time. It occurred to him or his doctor, to try the curative and recuperative power of fasting and so, by gradual process, Cornaro reduced his diet to a daily allowance of twelve ounces of solid food and fourteen ounces of wine. Feeling, in course of time, that he was eating too much for his own good, he settled upon a diet of one egg a day, upon which meager fare he supported life and strength. At seventy he was induced to add two ounces a day of solid food to his regimen, but this experiment threw him into a fever and nearly proved fatal. As age advanced Cornaro's mental activity increased and at eighty-three he wrote a treatise, called The Sure and Certain Method of Attaining a Long and Healthful Life, which Addison admired for its "cheerfulness and good sense." Authorities differ as to whether Cornaro died at the age of ninety-eight or 102, but they agree as to the perfect physical and mental peace of his end.

While modern science does not approve of so scant a diet for men of unimpaired constitution as Cornaro chose, and prescribes hearty meals for men who do severe physical labor, it has no hesitation in saying that there would be less sickness in the world if people ate less—a good deal less. Eating, as the people of today eat, is largely a habit inculcated by the gastronomic art and encouraged by sociability. It is a difficult habit to get rid of as are all bad habits, but once evicted, it leaves the way open for the human system to take on new zest and resiliency.

Honolulu's old acquaintance, Dr. Nicholas Senn, had something to say on this subject recently which is well worth reading:

"More people die from excess in eating than from excess in alcoholic drinking," said Dr. Senn. "We are not what we were fifty years ago in physique. The replacing of hand labor by machine labor has caused a deterioration of the sturdy vigor of the laboring man, while the elevators and other modern conveniences tend to the same end. The nation is becoming more and more affected by over-indulgence. Unless there is a radical change in the people for the better, a sinister fate awaits the American people. Plain living and high thinking are no more. The average American eats too much. Simple living and plain food and a return to the life of fifty years ago would rob the grave of 100,000 victims annually. There are too many elevators, carriages and automobiles. People must walk and breathe fresh air or they will stagnate and die."

That is the gospel according to all the saints of hygiene; and while a return to the life of fifty years ago may be impracticable, light diet, fresh air and walking are cures within the reach of all.

There is no excuse, hinging on questions of health or strength, for the average man, not in manual labor, to eat three meals a day. We get that habit from tree-felling and land-plowing ancestors, whose work made tremendous drafts on their physical stamina. Perhaps an equal draft upon the stamina of their desk-writing and auto-riding descendants is now made by those same three meals. The latter require work from the system to which it has not been hardened by physical toil; hence the quick breakdown, usually in middle life, of the heavy eater of sedentary pursuits.

It is easy to get accustomed to two light meals a day. After three or four days' fight the gnawing and the headaches vanish, the brain seems clearer and the step lighter. No one who has given the new regimen a fair trial wants to go back to the old, especially as he is sure to find a decrease in his doctor's bills.

John Drew may have a few players with him when he makes his trans-pacific trip but it is not likely that there will be enough of them to carry a drama through five acts. But the town has a lot of amateurs whom Drew would enjoy seeing play, even on the same stage with him. Why not let a star have some fun as well as the audience?

Perhaps the Japanese have seen so many officials here who were glad to take their presents that they thought the Board of Health men would prove no exception.

Ninety-four Japanese in a school attendance of 83,000 must have done a powerful lot of contaminating to excite all those San Francisco parents.

TOPICS

TOPIC AND OTHERWISE.

H. M. Ayres.

There's a whole lot in a name when it's at the bottom of a cheque.

Quite a number of puppies ride in dog-carts.

"I beg your pardon," exclaimed the convict as the Governor passed by his cell.

Young mothers who boast of baby's early pronounciative ability would do well to bear in mind that Job cursed the day he was born.

"The Tie That Binds" was sung by the prisoners at their Christmas celebration. "Gates Ajar," however, is by far the most popular hymn at the penitentiary.

The world is full of kicks—

The air of loud complaint,

Because some things ain't what they seem,

And some seem what they ain't.

The Panama difficulty.—How to keep the blessed thing in shape when it rains.

Inasmuch as a clergyman is referred to as a member of the cloth, a newspaperman might be fittingly mentioned as a member of the sheet.

One would think that Dum-Dum bullets would tell no tales.

There is a tide in the affairs of men which taken at the flood leads on to liquidation.

Could we but see ourselves as others see us, we should have a very poor opinion of other people.

Some people are full of vice, others of advice.

According to a mainland scientist the high price of wheat doesn't make bread rise any quicker.

While the match holds out to burn, the biggest drunk the key may turn.

Answer to query: Instances of artichokes having induced asphyxia are much rarer than appears to be generally supposed.

To the night watchman.—A nappy new year.

The following ad. appeared in a local paper last week: If the woman (known) who took a purse from the counter of Isoshima's store on King street, this morning, will return the same to the Kaulani Home, she will be rewarded.

This would appear to be a case where dishonesty is its own reward.

"I hear that Spendyt is paying his bills."

"Yes, he was always an eccentric fellow."

THE BYSTANDER



Cathcart's Puzzling Case.

The Way the Land Goes.

It Might Be Better.

Henry Hogan's Play.

What will be the standing of John W. Cathcart, county attorney-elect, when he is called upon to take the oath of office and file his bond on Monday, January 7, and he fails to appear? This is the question a good many people are beginning to ask and an answer will probably be demanded by interested persons before the qualifying day.

It is known that Mr. Cathcart named a deputy to represent him during his absence in Washington, but according to the way a good many read the law he might have spared himself this trouble, for the deputy named will not be allowed to act. The law provides for the appointment of a deputy, but he must be named by someone in office, not by someone who will be in office. It appears to be a fact that Mr. Cathcart has not yet taken his oath of office. Whether he might have taken it before he went away or not, had he thought of it, is disputable, the County Act being almost too general in its language. The clause dealing with this reads:

Before entering upon the duties of his office, each officer elected or appointed shall subscribe to the following oath or affirmation before some person duly qualified to administer oaths:

I solemnly swear in the presence of Almighty God that I will faithfully support the Constitution and laws of the United States of America and the Laws of the Territory of Hawaii and conscientiously and impartially discharge my duties as (County Attorney) of the County of (Oahu), Territory of Hawaii.

There is nothing in the quoted section to have prevented Mr. Cathcart from qualifying so far as the taking of the oath previous to his departure is concerned, but if he has taken it none know about it among his friends who were questioned yesterday. But in the filing and acceptance of his bond, which is necessary before he is fully qualified, he must await the swearing in and qualifying of the new Board of Supervisors, who alone are qualified to approve of and accept of it. Whether this bond can be filed by proxy or not is not stated in the statute, but the bond must be signed by the officer-holder.

Any appointment of deputies therefore which Mr. Cathcart has made are void, there being no authority for him to make appointments until he has qualified himself.

And it is by no means improbable that the absence of Mr. Cathcart will imperil his right to the position. Under the provisions of the County Act all officers shall hold office until the election and qualification of their successors, but there is a most important exception to this. The incumbent of the County Attorneyship was elected at the special first election and his term expires without any possible extension at noon on Monday, January 7. This is stated in Section 51, Chapter 12 of the County Act, as follows:

The first election for County officers shall be held on the twentieth day of June, A. D. Nineteen Hundred and Five, and the officers so elected shall take office on the first day of July, A. D. Nineteen Hundred and Five, and shall hold office until twelve o'clock m. on the first Monday in January, Nineteen Hundred and Seven.

In this section which now applies there is no mention whatever of holding office until the qualifying of a successor. Thus, unless Mr. Cathcart has taken his oath of office, which is unlikely, and has already signed his bond and arranged for its acceptance by a Board of Supervisors which is not yet in existence, the office of county attorney will become automatically vacant on Monday of next week and an appointment will have to be made immediately by the Board of Supervisors.

The question which then arises is whether the Supervisors could name Mr. Cathcart for the vacant position in view of his absence and inability to qualify at once. It is not to be supposed that the office will be allowed to remain vacant for even a day. Such a thing would clog the wheels of justice and result in a serious state of affairs. In the police court, for instance, there would be no prosecuting attorney as the appointment of Frank Andrade would become void with the going out of office of Mr. Douthitt. The appointment of the other deputy named by Mr. Cathcart is voided already as there has never been any power conferred upon Mr. Cathcart to make such an appointment. This would seem to shut the present County Attorney-elect out of it altogether.

Nor is it within the province of the Board of Supervisors to make any temporary appointments, pending the return of Mr. Cathcart. Section 61 of the County Act, which provides for the appointment of officers says:

Vacancy in office occurring by death, resignation, or removal of an officer from the County shall be filled by appointment by the Board of Supervisors, for the remainder of the unexpired term of such member.

For the remainder of the unexpired term in this case would mean until the successor of the appointee had been elected and had qualified two years from now. The quoted section does not specifically state what shall be done in the case of an officer not qualifying and the office becoming vacant through the lapse of an elected term. Such a contingency was not provided for unless the absence of the elected successor can be made to apply to the quoted section regarding the "removal of an officer from the County."

A gentleman named A. F. Carter bought the 21-year leases of Parker ranch land the other day, with the high approval of the G. R. Carter administration. Another gentleman named Gay, expects to acquire Lanai. Some months ago a fine piece of land on Kauai, capable of supporting a lot of American farmers, was turned over to a gentleman named Wilcox, in fee simple, if I remember aright. And so the feudal policy goes on, with never an attempt, meanwhile, to get a single American settler of the Wahiawa type from the mainland. Though the President may plant and Jack water, the increase always finds its way into the pockets of some land-magnate and, usually through him, to a corporation. For a thing that keeps the word of promise to the ear and breaks it to the hope, the land policy of Hawaii takes all the red ribbons. And if any citizen has the temerity to object to it by process of law he must take the risk of being sued for damages by a benevolent administration.

It makes me wish, sometimes, that Hawaii could have just five years of rule by a Federal Commission, every member of which came from the mainland. Five years would be enough, after which the territory and counties could resume business on a far better footing than now. That is to say they would have, from a vastly increased taxable area, more money to swing things with and a knowledge of what Americanism means which seems to be denied by 95 per cent. of the people, of American descent, born and brought up on this soil. Such a commission would begin to deal with the land in Uncle Sam's, not Kamehameha's way. There would be a rapid survey and the opening of a United States land office which would advertise all tracts of arable soil for sale (inalienable, perhaps, for a term of years) as fast as

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COMMERCIAL NEWS

By Daniel Logan.

Reports from merchants in the retail trade, gained in interviews, indicate that the Christmas holiday business in Honolulu has been better than for years past. By this gauge it is reasonable to assume, as a matter of record, that the year 1906 has been one of general prosperity. Those who follow the operations of the stock market know that it has not been a year marked by any considerable speculation. Sugar stocks have been remarkably steady, their fluctuations being governed altogether by the raw sugar market and the dividend lists. Local transportation and industrial stocks, with but slight exceptions, have ruled strong all the year. This fact is another good sign of the general situation.

Failures of mercantile houses, other than small concerns running on wholesale house credits, have been gratifyingly rare in these islands for a very long period. Unfortunately the assignment of one of the oldest and once among the most prosperous of Honolulu houses has to be recorded at this year's closing. M. W. McClesney & Sons have made an assignment for the benefit of their creditors to F. T. P. Waterhouse. As the list of creditors is a short one there will not, it is thought, be any recourse to the bankruptcy court. Mr. Waterhouse has not written up the schedules as yet, so that it is impossible to give a statement of liabilities and assets. The assignee is trying to dispose of the firm's coffee plant and its valuable leasehold of business premises on Queen street. Enterprising efforts of the firm some years ago to develop sugar and coffee raising in Kona, Hawaii, were the beginning of its troubles.

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LITTLE TALKS

C. J. HUTCHINS—The grand jury will likely present a final report about Thursday.

DR. S. E. BISHOP—I judge from what I hear that the crater of Halemau-mau will fill up with lava.

ALBERT WATERHOUSE—Honolulu has Southern California skinned to death in the matter of roads.

GEORGE DAVIS—Yes, I'm after that drydock. Pearl Harbor? Not much. We want it right here.

J. S. MARTIN—The Japs have now got to making clothes. The sooner that war breaks out the better.

SENATOR DICKEY—I have only been inside a saloon once in forty years and I got in that time by mistake.

H. M. AYRES—A cat ate my canary yesterday, which suggests that a bird in the cage is worth two in the east.

CAPTAIN STINSON—This is my first trip as captain of the W. F. Babcock and there doesn't seem to be any end to it.

REV. C. CHASE—I am just back from the volcano. Some fire is to be seen and the whole spectacle profoundly interested me.

C. H. ATHERTON—There's no doubt but that the Seamen's Institute will look a'er the old Sailors' Home affairs in future.

CUSHMAN CARTER—Oh I got out of the mining deal fairly well but there was a drop in the stocks from 70 to 20 in one day.

CAPTAIN CARTER—Some people seem to forget that a range light tower is as much a day mark as it is a night mark for incoming vessels.

JOHN MARTIN—The Anti-Saloon League isn't going to be beaten in all its cases. Some of these cafe joints are going to be made sick.

FIRST OFFICER BARNESON—If there was a drydock at Honolulu the Restorer wouldn't have to spend a couple of months away at Vancouver.

P. W. RIDER—The papers say I helped secure the evidence against the Wigwam saloon, but all I did was to carry a pail of beer to the County Attorney.

ACTOR HOLLIDAY—Yes, Mr. John Drew, the player, will pass through Honolulu, possibly on the Nippon Maru, but I am sure he will not make any stop here.

SECRETARY JACK—I never brought a ship into the harbor but I have come in on a canoe, on a surfboard and by swimming and I never went ashore on the reef once.

DOCK SUPT. WEEDEN—I am glad of being stationed in Honolulu. The condition of things just now in San Francisco is not such as makes life in that city very agreeable.

DEMOSTHENES LYCURGUS—The crater is still active and indications are that it will continue so for a while. The weather around the Volcano House has been very cold.

L. L. MCCANDLESS—I don't want to see the cane fields cut up for small farms, but when it comes to lands outside the sugar plantations the planters should keep their mouths shut.

ANNE M. FRESCOTT—The editor who wrote that the January Times is "as cryptic as ever" ought to have a tonic or sedative (alterative, corrective); the strain on the whole system being so severe.

ALBERT WATERHOUSE—One of my fellow-passengers on the Mongolia asked me the first day he arrived here if I could get him a copy of the front-yard ordinance. He explained that the front yards of Honolulu premises were so admirably kept that he judged there must be a city ordinance in being.

POP SPITZER—These Christmases are no good. In past years a friend would drop around on Christmas eve and ask you to join him in a cold bottle and a long cigar. Now he buys a ten-cent horn and toots it all day in front of your store until you get so confused that you are likely to sell a \$5.14 suit for \$2.23 and enter it up as a pair of suspenders.

NOT TO BE LAUGHED AT

Leslie's Weekly.

Those anti-Japanese agitators at San Francisco may well take to heart the words of the general missionary committee of the Methodist Episcopal church, which, at its recent convention at Buffalo, adopted resolutions reading, in part:

"We particularly deplore at this time the reported municipal action of San Francisco, which discriminates against the subjects of a great and friendly Power, which, if rightly interpreted by our government, is in violation of our treaty obligations, and the more to our discredit because directed against a people who have shown themselves humane even to their foes—a people in whose hearts there has been for decades a growing regard for the American nation, and under the strong protection of whose government Americans have found favor and safety."

The outspoken opinion of these men of the cloth is deserving of commendation, for their words ring with the fervor of sincerity and conviction. It is doubtful if America, mighty though she be, would dare to treat the humble Chinaman as he is now treated by the laws of our country were he proportionately as strong as Japan. And let us make no mistake—China is a giant, long unconscious of his tremendous strength. But even now he is beginning to awake from his lethargy. The mighty form is no longer recumbent. And when, prodded by Japan, this giant, aware of his strength, in full knowledge of the fertility of his resources, of his inexhaustible supply of men and treasures—when, taught and officered and guided by Japan in the arts of finance and war, this Goliath of the East shall go forth to conquer, who will be the David to oppose him?

Not then will he fight with junks and stinkpots, but with the most modern equipment which money can provide, even as did the Japanese in their recent victorious struggle for supremacy against the hosts of Russia. If he can not purchase war-ships abroad, Japan will build them for him. No one who has read the statements made by Captain T. H. Aldrich, recently returned from the Philippines, can doubt Japan's purpose to possess herself of that archipelago, whose northern extremity, that of Luzon, is only two hundred miles distant from Formosa, presenting a bleak, uninhabited coast line of seven hundred miles, patrolled by one company of United States infantry, located in the bight opposite the island of Palolas—the very point from which the insurgents received arms and ammunition when fighting the American troops.

Japan has not exactly shown her teeth as yet; but she has taken her stand in this particular, and she awaits the answer of the United States—awaits patiently the slow process of the courts.