COW'S MILK CAUSES PHTHISIS.

So Declares Dr. C. A. McQuesten.

"Consumption is the result of drinking cows' milk."

Rather a sensational statement this, when it stands alone and is unqualified.

Yet it comes from an authoritative source and is meant to stand alone and unqualified.

Dr. Charles A. McQuesten, secretary of the United States Board of Examining Surgeons and a well-known practicing physician of this city, is the authority.

He made this statement to a CALL reporter yesterday and then followed it with yet stronger statements.

"I mean exactly what I say; no more, no less. The primary cause of consumption is the drinking of cows' milk.

"Of, course, I don't mean to say that every single case of phthisis is attributable directly to the patient's having imbibed infected cows' milk—though even so strong a statement as that is very nearly true—but I do mean to say that if the American people stopped using cows' milk and butter and cheese made from cows' milk, tubercular consumption would soon disappear.

"Let me put it another way:

"In countries where cows' milk is not used, there tubercular consumption is not known.

"The scientific world is awakening to this fact, and soon we may expect a more rigid inspection of our daily milk supply.

"But I must say it is taking us an unconscionably long time to discover this simple truth.

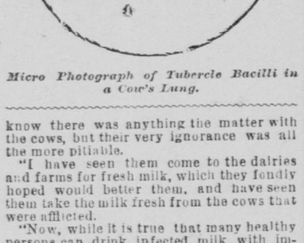
"And the proof is right at hand and unmistakably plain.

"In China there is no milk consumed, and consumption is almost an unknown quantity.

"Take the steppes of Asiatic Russia. Only goats' and mares' milk is used here. Consequently there is no consumption. Goats and horses are free from this scourge of civilization, and those who use their milk have yet to know the terrors of phthisis.

"The same condition is, or was until recently, true of the South Sea islands. No cows, no tubercular diseases.

"Take the North American Indians before the white man brought his whisky and his cows among them. They had no word in their language that corresponded to consumption.



In the Early Stages of Tuberculosis.

"Of course, in our day, doubtless, a few cases of phthisis are produced by one person inhaling the dried sputa of a consumptive, and it may be true that some cases are inherited.

"But the great cause, and the first cause, is the use of cows' milk as a food.

> The great cause of consumption is cows' milk.

"It is scarcely more than two years ago that I severed my connection with the Board of Health in this city. At that time 75 per cent of the milk used in San Francisco was infected by the deadly bacteria.

"Is it better now? I hardly think so. On the contrary, there is every reason to believe that it is even worse.

"At the time the tests were made to prove the figures I have cited a long agitation had been waged against tubercular milk, and milk peddlers had grown cautious.

"A great many cows had been condemned and killed, and several dairies had been compelled to remove outside the city limits, where the cows got better air and pasturage.

"And even after all these precautions, the average of tubercular milk served to the inhabitants of this city was fully 75 per cent of the whole product. There is no reason in the world to hope that a better condition now prevails.

"The fact is that there is every reason to believe that the percentage of infected milk is now much greater than 75 per cent, for since that time there has been no agitation of the question, and doubtless the dealers and dairymen have grown careless.

"Speaking generally, and of the entire United States, I do not hesitate to say that fully three-fourths of all the cows are afflicted with tuberculosis.

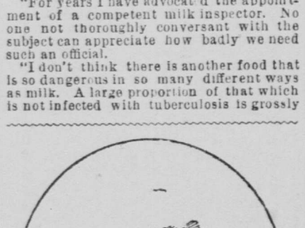
"In many places in the East where statistics have been compiled on the subject, the figures show that far more than this proportion of the milk cows are afflicted.

"Take, for instance, the great dairy counties of Dutchess and Westchester in New York; careful inspection of the milk cows in these counties shows you that you can hardly find a single cow over nine years old that is not consumptive. And on the farms where distillery swill and brewers' grains are fed to the milk cows, their life is only from a year to a year and a half in length in one of those stables before they are so far gone with consumption that they are slaughtered for the New York market.

"And those parts of the animal that they think will not bear inspection are sold for the manufacture of bologna sausages.

"Wherever the tubercular deposits are found in the cow's udders the bacilli are always found in the milk.

"Careful examination of children who have died of marasmus in many cases shows the bacilli tuberculosis in the absorbents leading from the intestine and in the mesenteric glands, and in no other part of the body, showing conclusively that the milk furnished to these children after weaning was the cause of their death.



Micro Photograph of Tubercle Bacilli in a Cow's Lung.

"These facts I do not give you so much on my own authority—for I have made no investigations in New York—but rather on the authority of Dr. John G. Johnson of Brooklyn, N. Y., who cited them in a recent paper read before the Kings County Medical Society.

"But they have their counterpart right here in this city. During one of the years when I was actively engaged in my investigations in San Francisco the figures were something like this:

> Great quantities of infected milk sold to consumers.

"Say there were 150 dairies in the city and 4500 cows. Of these 1585 cows were known to be afflicted with tuberculosis, and from them were sold daily to the consumers of the city 4100 gallons of milk.

"Beyond any doubt the condition now is far worse, though there are no available figures to either prove or disprove the assertion.

"The remedy?

"There are two. Both are practicable, but at present only one of them is available. That is to heat the milk.

"It need not be boiled. A temperature of 110 degrees Fahrenheit is sufficient to kill all bacteria of this kind. They can exist at a temperature of 99.5 degrees. They thrive best at 101 degrees, but 107.6 degrees kills them.

"Milk heated to 110 degrees is perfectly safe.

"No; I have little hope that consumers will go to the trouble of heating their milk every day. They may do so for a few days after they read your article, but they will soon grow careless again, and in truth, many of them will not heed it at all.

"But suppose every housewife in the city should heat her milk before she uses it in cooking or lets it go on the table, still the danger from tuberculosis would be very great.

"How about all the butter and cheese made from infected milk?

"Who is going to see that the manufacturers of the butter and cheese heat their milk?

"No, that is not the way to treat this evil. What is needed is a milk inspector. Yes, we have such an official already, and, so far as I know, he is a very amiable and estimable gentleman, a veterinary surgeon, I believe, who serves without compensation.

"But that is not what I mean. We need a thoroughly competent physician in the place. He ought to be a scientist of no mean ability, a microscopist and a chemist. And he ought to receive a salary commensurate with the importance of his position and the arduous duties involved.

"It should be his sole duty to visit different dairies and farms every day in the year. He ought to have a conveyance at his disposal, and assistance when necessary. And he ought to be clothed with the power to destroy cattle and throw away milk whenever and wherever he finds it impure or infected.

"Other physicians and myself have from time to time given as much of our time and services in this matter as could possibly be spared from our private businesses, though the compensation was nil.

"But it is entirely out of the question to expect capable physicians who have practices of their own to look out for this thing unless some adequate recompense is allowed.

"And the truth is that a man's whole time is needed in this work. Its importance to the health of the community cannot be overestimated.

"The scenes that I have witnessed right in this city have been enough to give one the horrors and turn him forever against cows' milk.

"On the outskirts of the city I have seen children and grown people actually suffering with consumption drinking milk from cows that were far gone with tuberculosis.

"Of course the suffering ones did not know there was anything the matter with the cows, but their very ignorance was all the more pitiable.

"I have seen them come to the dairies and farms for fresh milk, which they fondly hoped would better them, and have seen them take the milk fresh from the cows that were afflicted.

"Now, while it is true that many healthy persons can drink infected milk with impunity any one can see that it is rank suicide for a consumptive person to drink tainted milk.

> Only healthy persons can drink infected milk with impunity.

"Yet that is just what is being done every day of the year in this city and more or less all over the country, for nowhere, except perhaps in a few of the large Eastern cities, have the authorities awakened to the importance of maintaining competent and scientific milk inspectors.

"No particular breed of cows is particularly subject to tuberculosis, but this is true: Most all the finely bred cows are afflicted. It is in the breeding; in the evil of keeping the different breeds together in order to preserve their distinctive types. The Durham, the Shorthorn, the Jersey, in fact, all the fancy breeds, are infected.

"It is even so bad as this: Show me a fine-bred cow and I will show you a cow suffering from tuberculosis ninety-nine times out of a hundred.

"These fine cattle deteriorate in the breeding. They need to be mixed with the commoner but hardier breeds. The shaggy, rough-haired cow of California is about as free from the dread scourge as any breed.

"One infected cow may, and often does, afflict an entire farm. As she browses around she leaves her saliva on the grass, and other cows grazing over it cannot help contracting the disease.

"And it isn't entirely a question of dishonesty on the part of the farmers and dairymen.

"Often their cows look sleek and fat and they think they are free from all disease. But the truth is that very often these are the very ones who are suffering with tuberculosis. The disease has not had time to make them thin and scrawny. Before it does they will probably be killed and their meat sent to the market.

"Of course, the danger is not so great from the meat, because it is usually heated to such a degree before being eaten that the disease germs are killed.

"For years I have advocated the appointment of a competent milk inspector. No one not thoroughly conversant with the subject can appreciate how badly we need such an official.

"I don't think there is another food that is so dangerous in so many different ways as milk. A large proportion of that which is not infected with tuberculosis is grossly adulterated, and some of the stuff sold for milk never saw a cow's udder.

Tubercle Bacilli of a Diseased Cow's Milk.

"I had an instance of this once a couple of years ago when I tested the milk at the Pesthouse for bacteria. I could find no bacteria, though I searched long and faithfully, and I began to wonder if contractors to public institutions had grown honest.

"Then it occurred to me to test for other impurities. I did so, and found there was not a drop of milk in the compound, not a single drop.

"This was fine stuff to give sick people; but if it lacked nutrition, it was probably better for the patients than that served at the City and County Hospital.

"By experimenting, I found that over 50 per cent of all the milk consumed at the City and County Hospital contained tubercular bacteria.

"At that time I boarded at one of the big downtown hotels. One day I emptied the contents of one of their milk cans on the table into a bottle, and took it home to investigate. Sure enough, I found enough bacteria in it to infect a whole family.

"It's not always the weak and poor milk, no more than it is the weak and puny cows, that is infected. Often the richest milk in the market is also rich in tubercular bacteria.

"Yes; the statement is not at all too strong. Cows' milk drinking is the cause of consumption.

"And this is a significant fact. Consumption prevails most where the greatest quantity of cow's milk is used.

"Take the French people for example; you won't find much consumption among them. Why? Because, as a rule, they do not drink much milk, and when they do they almost invariably warm it first. You don't get the Frenchman to drink fresh milk. He wants his boiled.

"And he is sensible. Boil it or heat it. That is the only safe way."

As Dr. McQuesten is an acknowledged authority on the matter of milk infection and its connection with consumption, his utterances on the subject are entitled to great weight.

> "The Call's" chemist analyzes the city milk.

And realizing this fact THE CALL has had an examination made of milk purchased at random from various parts of the city early yesterday morning.

The object of this was to ascertain, as nearly as possible, just what the danger from tuberculosis is at this time with reference to the city's milk supply.

An expert chemist and microscopist, A. A. Cunningham, was employed to make a careful examination of the specimens submitted.

These specimens were secured in six different half-pint bottles from as many different parts of the city.

The contents of the first bottle were secured in the neighborhood of Hyde and Vallejo streets, from one of the best kept and neatest corner groceries in that part of the city.

The second bottle was filled from a very unpretentious little bakery on Pacific street, not far from Montgomery avenue.

The third bottle's contents came from a corner grocery that looked clean and inviting inside, but was located near Natoma street, between Second and Fifth.

The milk in the fourth bottle was obtained from one of the Mission dairies located south of Sixteenth street.

The fifth bottle was whitened by contact with the fluid from a milk-dealer's can near Golden Gate avenue and Gough street.

The sixth and last half pint of milk was obtained in Chinatown, on Dupont street.

Before using the bottles they were taken to Mr. Cunningham's laboratory, where they were chemically cleaned and pronounced free from any foreign substances by the chemist himself before the milk purchasing tour was commenced.

In the second and in the fifth bottles were the tubercular bacteria found. In other words, out of the six samples submitted the deadly animalculæ were found in the milk purchased in the Western Addition, and in that bought at North Beach.

> The expert examination plainly shows bacillus tuberculosis.

And in several instances the quality of the milk obtained was considerably below the standard, as is shown in the following report submitted by Chemist Cunningham:

A. Auchie Cunningham, F. C. S., etc., analytical and consulting chemist, 426 Kearny street and Hahnemann Hospital College.

SAN FRANCISCO, Jan. 10.

Editor Morning Call: The following are the results of my experiments with the several samples of milk brought to my laboratory by your representative:

1. Sample mark—"North Beach":

Specific gravity (water 1000 at 60 deg. F.)	1029.72
Total solids	10.08 per 100 parts
Fat	2.07 per 100 parts
Non-fat	8.01 per 100 parts
Ash	.81 per 100 parts
Cream by volume	2 per cent

2. Sample mark—"Barbary Coast":

Specific gravity (water 1000 at 60 deg. F.)	1029.82
Total solids	12.17 per 100 parts
Fat	2.91 per 100 parts
Non-fat	9.23 per 100 parts
Ash	.74 per 100 parts
Cream by volume	9 per cent

An unusually large percentage of the tubercular bacilli were found in this bottle.

3. Sample mark—"South of Market."

Specific gravity (water 1000 at 60 deg. F.)	1028.27
Total solids	11.64 per 100 parts
Fat	2.51 per 100 parts
Non-fat	9.13 per 100 parts
Ash	.64 per 100 parts
Cream by volume	6 per cent

4. Sample mark—"Mission":

Specific gravity (water 1000 at 60 deg. F.)	1026.25
Total solids	11.24 per 100 parts
Fat	2.48 per 100 parts
Non-fat	8.76 per 100 parts
Ash	.61 per 100 parts
Cream by volume	5 per cent

5. Sample mark—"Western Addition."

Specific gravity (water 1000 at 60 deg. F.)	1032.9
Total solids	14.5 per 100 parts
Fat	5.14 per 100 parts
Non-fat	9.16 per 100 parts
Ash	.63 per 100 parts
Cream by volume	16 per cent

The bacteria of tuberculosis were found in this bottle.

6. Sample mark—"Chinatown":

Specific gravity (water 1000 at 60 deg. F.)	1030.4
Total solids	13.7 per 100 parts
Fat	2.01 per 100 parts
Non-fat	11.59 per 100 parts
Ash	.86 per 100 parts
Cream by volume	2 per cent

Only in the two specified samples were found bacillus tuberculosis.

Good milk should be of the following chemical proportions: Specific gravity, from 10.28 to 10.42; total solids, from 10.5 to 15.5 per cent; fat, from 2 to 4 per cent; non-fat, from 8.5 to 11.5 per cent; ash, from .65 to .75 per cent; cream by volume, 10 to 15 per cent.

A. AUCHIE CUNNINGHAM.

Mr. Cunningham is recognized as an expert and thoroughly competent chemist and microscopist, and as such has done considerable experimenting in milk for the Health Department of this city.

Within the past few months Mr. Cunningham has submitted a report of about thirty different tests of milk to Health Officer Dr. Keeney.

A very large percentage of the milks thus examined were grossly adulterated, says the chemist, and among them were found many instances of the bacillus tuberculosis.

Doubtless a more extended examination of the milk sold in this city would disclose even worse results, but the fact that out of six samples submitted two were found infected with the terrible bacteria ought to be sufficient to show San Franciscans their danger.

> Even much worse results might readily be disclosed.

When THE CALL reporter applied to Health Officer Dr. Keeney for information concerning the condition of the city's milk supply he was referred to Dr. Bucknall.

"The danger from impure milk is far greater in many ways than most intelligent people think for," said the latter gentleman.

"I have had considerable experience recently with the milk of this city," he continued under pressure from THE CALL man, "and I know that much of it is bad."

Dr. Bucknall is chairman of the committee appointed by the Board of Health of this city to investigate and report upon the condition of the milk its inhabitants drink.

But he will make no report—at least no written report—to the board. Why? Because, though his efforts have been many and the time spent upon the public work considerable, the result of his investigations have not been conclusive. And the reason of this is that the doctor found so much to do that he soon realized the folly of trying to do any of it with satisfaction. At least this is true so far as the expected report goes. There will be no report on milk this year.

Not because one is not sorely needed, but because the authorities in their mighty wisdom, have neglected this very important branch of the public service.

In Eastern cities it is different. There regular milk inspectors are employed, whose sole duty it is to examine the product sold by the various milk venders and collect statistics regarding its purity or impurity.

This kind of official is badly needed in this city.

In New York, for example, there is a salaried employe—a reputable and experienced physician—attached to the Health Board, whose sole duty it is to examine and report upon the milk and the milk cows of the city.

He has power—and frequently exercises it—to stop milkmen on the street, examine the contents of their cans, and, if found impure or thinner than it ought to be, empty the cans in the gutter then and there. And if the milkman resists this, then the milk inspector has the power to arrest him.

Such an officer has a very salutary effect upon the milk supply of New York City, and it is not very frequent that, since this method went into vogue, there is occasion to resort to extreme measures.

Milkmen have a holy terror of the inspector. They remember the days when the gutters ran white with bad milk, and they curb their over-thrifty propensities accordingly.

"But how is it in San Francisco?" said Dr. Bucknall.

"Unscrupulous milkmen have scarcely anything to fear from any source whatever, except, perhaps, an occasional predatory expedition of some zealous member of the Health Board who can illy afford to spare his time for this necessary and highly important though altogether unprofitable work.

> We ought to have a scientific and competent milk inspector.

"We ought to have a regular milk inspector, who is a first-class chemist and microscopist.

"Then we would have less consumption and less sickness all around. It is a mistake to suppose that only tuberculosis is engendered by bad milk.

"There are three kinds of impure milk. The first of course is that taken from cows suffering with tuberculosis. This is the most dangerous, and doubtless many persons die each year from consumption brought on by partaking of this milk.

"The second class is less harmful, but far more prevalent. It is the adulterated, the weak, thin milk. The fact is that as a general rule the rich people of this city get good milk and the poor people get bad milk.

"The milk that is sold for 5 cents a quart is what I refer to especially. The milkman serves a can at the corner grocery. Here it is made into two cans; by what hocus-pocus I do not pretend to know. But this much is pretty certain: If no deleterious substance has been added, at least the milk has been so weakened that it has but little food value. All its fattening properties have been taken away, and sick babes might as well drink water.

"Perhaps many of them would be better off if they did drink only water instead of this adulterated milk.

"But this milk is cheap. There is its redeeming quality to the poor. But they ought to be made to understand that 5 cents' worth of good, pure milk is far better than 15 cents' worth of the kind they buy for 5 cents a quart.

"It is the experience of all milkmen and dairymen that good milk cannot be retailed for less than 10 cents a quart.

"But as there are many people who cannot afford this price, or who think they cannot, the unscrupulous peddler or dealer caters to their poverty by supplying this adulterated fluid.

"Verily is the poverty of the poor their greatest curse. How many doctors' bills and funerals this poor quality of milk is responsible for it would be hard to guess, but the number cannot be small.

"The third kind of impure milk every one is liable to get hold of. It brings the best prices and is put up and sold to the best people. This is the milk that has been 'fixed' in order to keep it sweet.

"I don't know just what it is they doctor the milk with, but it can't possibly add to the food value of the fluid.

"This fixing is done most during warm weather and to milk that comes in from long distances. You see there is the carting of the cans to the station in the country, their transfer from the wagon to the cars, or from the wagon to the station platform and then to the cars. Then at this end there is more shaking and jostling before the milk is delivered, and the consequence is that good milk will turn under this kind of treatment in a very few hours if the weather is at all warm.

"When you see milk stay sweet for a very long time in warm weather you may depend upon it that it has been 'fixed' with this preparation or compound for keeping milk sweet.

"I have had samples of milk that kept sweet when exposed to the sun for three or four days.

"You can buy the preparation somewhere downtown. I did know where, but I have forgotten now. The stuff is made especially for that purpose, and it does its work well, there's no mistake about that.

"Now, if we had a regular milk inspector here we could stop all that, but it is impossible as things now are. The most we can do is to try to stop it. How far we fail it is not for me to say, but it is a good ways, you may be sure of that."

FEDERATED IMPROVERS.

Their Good Work Is Still Going Steadily On.

The Federation of Improvement Clubs held a meeting last evening. The executive committee reported that a petition had been filed with the present Board of Supervisors praying that the Pesthouse be removed to the Almshouse tract, which petition had been referred to the proper committee of the board.

It was stated that the modified petition presented by the federation, asking that cattledriving be confined to East, Commercial, Drumm, Main, Folsom, Second and King streets at given hours, had been passed at the last meeting of the Supervisors.

The Street Committee of the late Board of Supervisors had arranged for a driveway across Mission Creek pending the construction of the new drawbridge.

The committee stated that the sewer on Corbett road, between Battle and Danvers streets, for a distance of 660 feet was sunken about five feet, rendering the road impassable. A committee was appointed to wait on the Street Committee and ask to have it repaired immediately.

Complaint was made from the Southern Heights Improvement Club that the sewer in Connecticut street, between Sierra and Napa streets, is not being put in and left uncovered according to law. The executive committee was instructed to examine into the matter and take action.

GROWING APACE.

Interest in the Exciting Football Game.

A Cup to Be Presented to the Recently Formed Football League. The Gaelic Game.

Interest in football is growing apace, and admirers of the game are doing the proper thing for its encouragement.

The recently formed Association Football League will soon have a beautiful cup to play for.

Hilbert Bros. are strong admirers of the game. Their manager is also an old football player, and they have many friends among the clubs forming the league.

They decided, as an evidence of their appreciation of the game and to promote its growth, to present the league with a handsome silver cup of the value of $100.

The design has not yet been definitely determined upon, but it will, in all probability, be in the form of an English lovecup.

The Association game is but little known here yet. This generous donation will, however, have the effect of enrolling more players under its banners and give to football generally an added impetus.

J. C. Nealon, the veteran Gaelic football player, has entered into a new project with his old-time vigor and enthusiasm. He is the father of the Gaelic game in this city, and has worked indefatigably in and out of season to further its interests.

He has now commenced the formation of a juvenile league, and already the results have far exceeded his most sanguine expectations.

"Some of my confreres," said he to a CALL reporter yesterday, "thought I was out of my mind to think of such a thing, but I have surprised them.

"It was only the other day that I made it known, and parents have been sending their boys to my house to get their names enrolled.

"Next Sunday at the Haight-street grounds the boys will all be present, and their names will be taken down with the view of forming clubs and arranging for practice.

"My idea is to get the juveniles interested in the game and make their association a school for supplying our senior clubs with first-class players.

"I am determined to carry the scheme through, and feel satisfied that it will be one of the best things possible for popularizing the Gaelic football game."

The General Sheridan Football Club is one of the strongest in point of membership in the Gaelic League. It was only formed about three weeks ago, and it already numbers ninety-five members.

The first meeting since its organization was held last night in the Knights of the Red Branch Hall, on Mason street. About fifty members were present, Vice-Captain O'Keefe being in the chair.

The by-laws were adopted and other routine business transacted. Fourteen new members were enrolled.

The uniform adopted is a blue jersey, blue cap, white knickerbockers and blue stockings.

They will play a practice game next Sunday afternoon on the Haight-street grounds with the second team of the Emmets, and every member was asked to be present so that the best selection could be made prior to the commencement of the game.

J. C. Nealon gave the members some valuable advice and urged them always to play a gentlemanly game and show a worthy example to other teams. Although he was a member of the Emmets he wished them every success for the pennant, his sole desire being that the best team should win. His timely remarks were loudly applauded.

A SHORT SESSION.

Nothing Said About New School Officials.

The Directors Disappoint a Host of Office-Seekers Ready to Commence Duty.

Long before the time for calling the meeting of the School Directors to order last night the corridor around the council chamber was crowded with office-seekers and persons looking for trouble in the meeting, but disappointment was their fate as the board was only in session fifteen minutes and not a hitch or the sign of one occurred between any of the members.

At half-past 8 o'clock the Directors filed into the crowded room and quietly took their seats and no time was lost in commencing proceedings.

President Hyde was in the chair, and he called for the bids for the purchase of the old Bartlett School on Twenty-third street, which were ordered to be asked for at the previous meeting. No bids had been received and on motion the time for receiving such offers was extended till the next meeting of the board.

The Committee on Classification reported adversely to the request of C. L. Shilling for permission to photograph the pupils of the schools. The report was favorable to renting a suitable room in the vicinity of the Edison Primary School for the accommodation of a new class to be opened there; also that a new receiving class be opened at the same school. The report was adopted.

The Committee on Rules reported in favor of granting leave of absence to the following teachers: Miss Nellie O'Kane, Miss Jessie I. King, Miss M. E. Doherty, Miss H. E. Rademaker, Miss M. E. Sutherland, Miss Jessie Board and L. C. Deane.

J. H. Rosenwald gave notice that at the next meeting of the board he would move that no collections from the pupils of the schools for any purposes whatever be allowed without permission of the board.

P. W. Ames presented a resolution rescinding the action of the board at its last meeting in adopting the rules of the last board to govern the present board. The resolution asked that the governing rules of the old board be only temporary. The resolution was unanimously adopted.

As soon as a motion to adjourn was carried the crowd made a rush for the door and the office-seekers rapidly melted away into the night.

Mme. de Lesseps, so says a fashionable London paper, has recently written to a friend in England saying that her husband has constantly remarked of late that, "like Napoleon III, he will die in England."

A MERCILESS TIDE.

It Nearly Swamps a Small Launch.

THE MONTSERRAT RETURNS.

She Is Getting All the Coffee in Sight. The Australia's Rough Christmas Trip.

A party of amateur fishermen from Sausalito had a very narrow escape yesterday. They were out in a naphtha launch during the afternoon and got caught in the heavy run of the tide through Raccoon Straits. The launch was swept straight out to Lime Point, thence through the Golden Gate to the heads. John Hyslop, the Merchants' Exchange signalman, saw that the little craft would soon be swamped on the bar and telephoned for a tugboat. The Relief responded and towed the launch back to the city.

The steamer Australia, which arrived from Honolulu yesterday morning, reports getting the full benefit of the Christmas storm on the trip out. During December 23, 24 and 25 the storm raged with such violence that no cooking could be done, and the passengers went without their turkey dinner for three days. The steamer had to be hove to, and the cabin was flooded several times. There was a foot of water on the floor of the staterooms. The forward steering gear was carried away and several sails blown out of the bolt-ropes. The outward trip occupied eight days.

Louis Sloss Jr. was one of the passengers on the homeward trip and reports business exceedingly dull on the islands. Rudolph Neumann, who accompanied him, will remain here a few days and then go to London.

W. S. Maltby, the bicyclist, was another passenger, and reports that while in Honolulu he was entertained by the Pacific Wheelmen's Association. There are about 100 wheels in Honolulu. Mr. Maltby will go East on his "bike."

Chief Officer Dowdall of the Alameda, who had been left in Honolulu suffering from injuries sustained in a storm, was reported as in a dangerous condition. His wife went out to him on the Oceanic.

J. N. S. Williams of the Hawaiian Legislature came over on the Australia. He is going to Scotland, his native land.

The steamer Montserrat of the new Spanish-American line, Otis and McAlister agents, arrived last night from Ocos, Guatemala, with 2160 bags of coffee. She had a very successful trip and will go down the coast again on February 1. Captain Blackburn said last night to a reporter that the coffee season has only just about started and that the Montserrat got all there was in sight. The Starbuck of the Pacific Mail line had only fifty bags on board. She left Acapulco on December 1 and is hourly expected here.

Dr. L. Freeman was apprehended by mistake on the steamer Australia by Sergeant Bonner on account of his resemblance to Dr. Lafayette Cole, who is wanted for forging checks in Puget Sound ports. It was promptly discovered that an error had been made and the doctor was released with apologies.

The new excursion steamer Rosalia is being gotten into good shape at Folsom No. 2. She is designed for a picnic and excursion boat on the bay. The main deck, which is flush, will be specially arranged for dancing and the hurricane deck for sightseeing. The steamer is 250 tons register and will carry 400 people. The idea is to afford cheap bay trips during the summer. J. Eberts and C. L. Dimon Jr. are running the enterprise. They have similar ones in New York harbor.

Captain Morine of the schooner Orient reports that on January 4 he boarded the derelict schooner Courser in latitude 45 deg. 23 min. north and longitude 125 deg. 23 min. west, southwest by south half south from Cape Disappointment seventy-five miles. The spars and sails were lying alongside, about 20,000 feet of lumber on deck, the hold was half-full of water and the vessel floating with about three streaks of her side above the water. The vessel was not fired, as she was not considered dangerous.

The steam schooner Albion sailed for the Albion River last night with a non-union crew.

A WOMAN'S VIEW.

Mrs. Stetson Says Man Is by Nature Good.

She Expresses Her Ideas as to What Socialism Would Do for Men and Women.

Mrs. Charlotte Perkins-Stetson's lecture on "Socialism and Morality" at Metropolitan Temple last evening was listened to attentively, and applauded most appreciatively by a fair-sized audience of social reformers.

"What is morality?" asked the lecturer. "The popular confusion regarding right and wrong is unnecessary, for both are facts. Right conduct is such as helps in the line of growth. That conduct which leads us on and up in our development is right conduct.

"At first the human race asked itself what line of conduct would keep it where it was. Then it occurred to the wise men to set up a higher standard, and their idea of the higher standard was how to get into heaven.

"It never occurred to them that there was a moral obligation to improve the world. They said man was bad by nature, that there was an error in creation, and that man could not progress further because he could not be good.

"The trouble was and really is that our moralists utterly ignore the natural law. And the natural law, if examined very cursorily, will show you that man is by instinct good. Men are bad only because of the evil artificial conditions forced upon them from the cradle. We struggle to resist the evil influences of our social life.

"We begin the evils of our social life by teaching children obedience. Here is the first great wrong. When the child has learned the lesson of obedience it has learned to abrogate its own judgment and surrender its own will to the judgment and the will of others.

"So already the qualities which make the great man and the wise man have been educated out of the child. We have robbed it of clear judgment and strong will.

"We do not teach our children morality. We do not know it ourselves. We teach them obedience. Obedience of what? Of ourselves; and our own knowledge is founded on what the preceding generation told us. So we don't progress as we should. So it is that only by the sheer force of evolution do we move along at all toward our destined higher end."

The lecturer then dwelt upon great sins.

"The initial assertion that the earth is private property," said she, "is itself dishonest, and all institutions founded upon it are equally dishonest.

"Intemperance is but one of the results of our illy balanced economic conditions. Remove poverty and the greatest cause of intemperance falls.

"Now, what is the upward, onward way? What is the way of morality? Socialism furnishes the answer. Socialism recognizes the rights of the living to an equal share of all the good things of earth. Socialism would abolish the iniquitous evils of the economic system, whereby it is impossible for men to be moral. Socialism would open the way for the good there is in man to assert itself; would permit man to lead the life of goodness that is natural to him."

Frequently Mrs. Stetson was interrupted by applause, showing an audience thoroughly in sympathy with her rather radical utterances.

The lecture was given under the auspices of the socialists of this city.

The Touring Cyclists.

Sachtleben and Allen left this city yesterday morning to complete their tour around the world on bicycles. The start was made from the Supreme Court building, corner of Larkin and McAllister streets, at 11 o'clock, after several photographs of the cyclists and their friends had been taken. From there the cyclists went to the San Francisco Bicycle Clubhouse, corner of Polk street and Golden Gate avenue, where they were again photographed.

After good-by and a pleasant journey had been wished the tourists mounted their wheels and accompanied by several members of the California Cycling Club, including Captain Janzeen and Secretary Wynne, started for the Palo Alto University, where they were the guests of President Jordan.

COUNT A HUNDRED

Take Another Bite and Count Again.

A Cure for Corpulency That Is Getting to Be All the Rage With Fat Mankind.

Are you fat, forty and fussy?

Are you only fat? leaving the other qualifications out of the count.

Then give heed. There is a remedy.

In the old days the fat had to stay fat or grow fatter. Now it is different.

Are you fat and would be lean?

Count 100 before every mouthful of food.

This is warranted a sure cure or money refunded.

No medicine required, eat anything and everything, but count before you eat and while you eat.

Every fat man in town has counted a couple of millions since the new remedy came out.

It is said to have originated in this city with the physicians of the French Hospital and the late Judge Uznay of Alameda was the first patient to successfully adopt the treatment.

Friends of the deceased City Recorder of Alameda declare that by the conscientious use of the method of counting Judge Uznay reduced his weight nearly 100 pounds.

Perhaps this is overstating the case, for at the time of his death Judge Uznay weighed fully 400 pounds.

But it is true that the deceased practiced the new method and that he obtained great relief from it.

He had tried almost every known remedy for reducing the undue accumulations of human flesh, but none of them proved beneficial and he kept growing larger and heavier all the time.

The late Judge Uznay's affection was peculiar in that his flesh was solid and hard and was not the mere inflation of flesh, which is often the case in persons addicted too freely to the beer habit.

Judge Uznay was in many respects a temperate man, the trouble being that every morsel of food he took appeared to turn into fat and flesh almost as soon as swallowed.

When the usual remedies had failed the patient sought relief from his troubles at the French Hospital in this city.

Here he was told of the new remedy. He must count 100 mouthfuls before every mouthful of food taken.

This proved a hard task for a man who naturally took great comfort in his meals, but he evinced considerable will power and abided by the advice of the French physicians most religiously. The result was most beneficial to the sufferer. He began losing flesh almost from the first week in which he adopted the counting system.

It was hard, very hard, to remember to make the count, but he stuck to the task manfully; those who know how greatly it benefited him believe that if he had known of the remedy a few months sooner the late Judge Charles Uznay would be alive to-day.

But the remedy came too late. All that he could do was to prove its efficacy. He did this admirably, but it could not save his life, for fatty degeneration of the heart had already set in.

Now that the new remedy is known, thousands of fleshy persons are employing it with great benefit to themselves. They will not, in the nature of things, eat so much, but they will grow beautifully thinner.

In San Francisco the new method has grown into a fad among the fleshy people, and many shadows are growing less in consequence.

It goes rather queer in the restaurants, even when the fat man counts his hundreds mentally.

There is a painful wait between every mouthful, and everybody is wondering why it is. It takes the average fat man three hours to eat his breakfast now, and as for dinner—well, fat men never were noted for eating dinner in a hurry.

Keep your eyes open for fat people when you are at the restaurant. Watch them grow thin while they eat. It is worth your while.

SMALL TALES OF A BIG CITY.

The Exempt Fire Company of this city will give its annual banquet in the company's house on Brenham place on Tuesday evening next.

K. Hamamura, a Japanese, who was caught by the customs officials attempting to smuggle a quantity of silk handkerchiefs into the United States, was examined yesterday morning by Commissioner Sawyer, who held him for trial.

J. Bucher, recently elected secretary of the Brewery Workers' Union, has entered upon the discharge of his duties. Heretofore the secretary had full powers, but in the future the executive committee of the union will have control of its affairs.

James A. Duke, who lives at the New Grand Hotel on Third street, was arrested last night, charged with burglary by a fellow-lodger. The other man, Samuel Morris, claims that Duke entered his room and stole some clothing, which Duke denies.

Bernard Hughes, a stevedore, who lived at 220 Brannan street, dropped dead in the hold of the steamer San Juan at the Pacific Mail dock yesterday morning. The cause of his death is supposed to be heart disease. He was a native of Ireland, 60 years of age, unmarried and leaves a brother in Santa Cruz, and a sister in this city.

Isador Rosencrantz was yesterday morning admitted to practice in all the courts of the United States. His examination before the bench was most satisfactory and he was pronounced well versed in the fundamental principles and the practice of law and thoroughly familiar with all the requirements of the legal profession.

At the annual election of the stockholders of the Fireman's Fund Insurance Company, held Tuesday, the 10th inst., the old board of directors was re-elected. The following officers were also re-elected: D. J. Staples, president; W. J. Dutton, vice-president; Bernard Faymonville, secretary; J. B. Levison, marine secretary; Louis Weinman, assistant secretary; Stephen D. Ives, general agent.

The California Scheutzen Club has chosen the following officers for the ensuing term: President, Philo Jacoby; vice-president, F. A. Kuhns; treasurer, John Utschig; first secretary, William Hatge; second secretary, Otto Burmeister; first shooting master, L. Babin; second shooting master, J. T. Carroll; third shooting master, F. Gehret; trustees and finance committee—Captain C. K. Zimmer, F. Fraser, Mr. Babin Jr.

David Harris and Charles Rogers, while painting the house at 1816 Baker street, were thrown to the ground, a distance of twenty feet, by the breaking of the scaffolding soon after 1 P. M. yesterday. Rogers fell on top of Harris and escaped uninjured. The man who acted as a cushion for his mate got the worst of it. At the Receiving Hospital the doctor found that David Harris had a contused arm, back and head, and had possibly suffered internal injuries. He was removed to his home, 120 Taylor street.

The Nursery for Homeless Children has elected the following named as officers for the ensuing term: President, Mrs. James Dunn; vice-president, Mrs. A. D. Sharon; treasurer, Mrs. W. W. Young; recording secretary, Mrs. E. A. Tripler; corresponding secretary, Mrs. William Hollis; managers—Mesdames S. H. Collins, C. H. Weihe, T. R. McCurn, William Hood, A. R. Wells, G. E. Manning, E. Smith, C. H. Mann, M. H. Hecht and M. Marcuse; board of directors—Sidney M. Smith, C. M. Gorham, James H. Dobinson, C. S. Wright and Dr. J. N. Wright.

He Liked Tomatoes.

Thomas McSwan was found on Kearny street last night with several cans of tomatoes under his coat. He was arrested, and being unable to tell where he obtained the tomatoes was booked for grand larceny at the City Prison.

LATEST SHIPPING INTELLIGENCE.

Movements of Trans-Atlantic Steamers.

BREMEN—Arrived Jan 11—Stmr Saale, fm New York.

GENOA—Arrived Jan 11—Stmr Fulda, from New York.

SOUTHAMPTON—Arrived Jan 11—Stmr Lahn, from New York.

QUEENSTOWN—Arrived Jan 11—Stmr Lord Clive, from Philadelphia.

BOSTON—Arrived Jan 11—Stmr Georgian, from Liverpool.

BIRTHS—MARRIAGES—DEATHS.

[Birth, marriage and death notices sent by