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NOTICE TO ADVERTISERS

Copy of change of advertisement must be delivered to the business office by the hour of 10 o'clock a. m. to insure insertion in the issue of even date.

ONE MILLION IMMIGRANTS COMING.

More than one million immigrants will be added to the population of the United States in the current fiscal year, if the estimates of the government officials hold good.

The flood gates of Europe are wide open and a great tidal wave of humanity is sweeping upon these shores. All the indications point to a record breaking year and the figures for March sustain this view.

WILL GOVERNOR KEEP HIS WORD?

The Spokane Shippers' Association has been invited by Governor Mead to recommend a satisfactory candidate for railroad commissioner. This would seem to indicate that the governor intends to keep his word to appoint as members of the commission only men in thorough sympathy with the spirit and purpose of the law.

THE GREATEST LIVING STRATEGIST.

General Oyama said that he would enter Mukden on March 10th and he kept his word. He now says that he will enter Harbin on April 10th and it is a pretty safe bet that he will do it.

Field Marshal Oyama will go down in history as one of the greatest strategists that has ever played the dangerous game of war. So far as known, his is the master mind that has been engaged during the past ten years in mapping out so minutely the course of the present war and laying down the plans of the marvelously minute preparation of the Japanese army and its equipment.

EXTENDING THE PAVED DISTRICT.

It would be unfortunate indeed if wrangling over the kind of pavement to be used in street improvements this year should result in nothing at all being done toward the extension of the paved district. Everybody concedes that nothing that has ever been done in Walla Walla has done more to give new life and tone to the town than the paving of the business district.

Since the business district was paved it will compare favorably with that of any city in the United States. Now what is wanted is an extension of this improvement to the remainder of the business district and to the residence districts as rapidly as possible.

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MR. ROOSEVELT AND CONGRESS.

Should the president carry out the proposed plan of a speech-making campaign through the country in behalf of the important issues opposed by congress, he could probably force the desired action. It is announced, though not yet officially or authoritatively, that during the summer he will lay his favorite projects before the people through extensive speech-making tours in many of the states; and that he hopes by this means to arouse an expression of popular will which congress must heed at the October special session which he proposes to convene.

Whether Mr. Roosevelt makes the tour or not, he may reasonably count upon a steady growth of the popular demand for legislation along the lines of rate supervision and control of the trusts. But the tour would undoubtedly accelerate and emphasize it, would revive and invigorate public insistence for tariff revision and place that again among the immediate issues; whereas by his abandonment it has been temporarily relegated to abstract consideration.

Mr. Roosevelt's tour might be of immense significance in amending a mistake of his career—his abandonment of the revision issue. By touring the country in favor of tariff revision he could in a great measure redeem himself in the eyes of the people for a glaring inconsistency. This issue should be made the burden of his tour, the principal topic of his advocacy.

There should be no difficulty in calling forth the desired strength of expression from the public, irrespective of the division of political creeds, by a campaign in favor of the Roosevelt demands, not only as to cutting down the excessive and inequitable tariff schedules, but as to general control of the trusts, rate regulation and other obviously beneficial measures opposed by congress.

GOVERNING MALAYS AND NEGRITOS.

Ailene Ireland, England's greatest authority on tropical administration, says that in governing the Philippines the United States has violated nearly every rule which the experience of other colonial governments has approved. The expense, he says, is something which throws into shade all other examples of controlling the inhabitants of such countries. He wonders at the innocent confidence the American nation places in school education as applied to races which have none of the traits of character essential to self-governing peoples.

Very likely this student of colonial government tells the truth. Democratic institutions will probably need a century for success in the Philippines. Judging from the south of Europe, where there never was a real democracy, it may be necessary to admit that a dozen centuries of school education will not fit the Filipino tribes for manhood suffrage and representative government.

United States officials do not yet know a great deal about the Philippines. The people of the United States know next to nothing. Up to this time our people, to tell the truth, have not made the subject a matter of concern. We are doing several foolish things. We are spending for a big army in these islands more money than would lead the world in annual naval construction; while we are courting disaster with an inadequate navy for both the Atlantic and Pacific.

But we must learn. We must, it seems, work out the expensive problem in our own way. We are inconsistent, ignorant and probably foolish. But we are not without the fundamental intelligence which sees the club after it has struck. We may yet learn how to be a democracy at home and a wise despot in dependent colonies. The learning will cost a lot, but maybe it will be lasting.

THE LYNX-EYED SPIES OF RUSSIA.

Russia is pre-eminently the land of spies, says a famous traveler. Democratic and socialist France has raised the spy system to a state function, but in Russia it is the very soul of the state. In Moscow, in the streets, agents of the police are stationed every 500 yards; in addition, secret agents watch the houses day and night—one being allotted to every four houses; and in every house is another spy, the porter. Go where you will, you are never out of the watchful eye of the police.

NOW WATCH THE KAISER.

We imagine the battle of Mukden has greatly excited the German emperor. Kuropatkin, according to the latest comments, failed because he was trained to handle a maximum of 100,000 men, and when called upon to manage three times that number fell down.

The German maneuvers have usually been built around aggregations of units numbering 100,000 or less, and when the emperor hears that it is necessary to drill and instruct bodies of half a million men to act as one, he will get tremendously busy. The German bank of the Rhine will be strewn with brigades, and regiments will be as thick as leaves in Vallombrosa.

The emperor may get so much inspiration out of the Mukden incident as to make him forget for a while the pre-nuptial troubles he is having over the settlement in life of the heir to the throne. Reports say that the emperor has made quite a mess of the wooing of his eldest son. He has been convicted of the most ridiculous, "buttnsky" ventures, in none of which has he come off with dignity. So marked have been his failures in this line, that the mother of his future daughter-in-law has been heard to remark that the prince may be a fool, but he is not so bad as his father, the emperor, who is both a prig and a bore.

HEALTH AND BEAUTY.

To Be Handsome a Woman Must First Be Healthy.

Good digestion, perfect cleanliness of the body, abundant exercise and fresh air, plenty of sleep, a serene, sunny mind—these are the essentials of good health. Next, good health is the foundation of all physical beauty whatsoever.

But life is too short for the average woman to spend half her time in breathing exercises and posturings merely for the sake of bodily culture. She has something else to do—at least let us hope so. But undoubtedly she can do useful work and by that very occupation get also the proper physical culture.

To begin, let us go at our housework in a cheerful, happy mind, knowing all the while that it is good for us, soul and body. Next, let us remember always to stand and stoop in the right way. How to stand you know already—spine erect, weight mainly on front of foot, chest up. The right way, and the only right way, to stoop is to stoop without slumping. Bend the body from the waist and hips, never in the slovenly, ugly way from the knees. Hold always the stomach and abdomen in, the knees rigid, then curve the spine over forward from the waist downward in a long, graceful sweep.

Arm and Chest Culture.

In performing that admirable physical culture exercise, housework, it is frequently necessary to lift the arms above the head, as in wiping dust from walls, brackets, chandeliers and the top of picture frames. Nothing will do more to develop a noble chest and shapely arms than just this. When a woman ties a cloth over a broom, then lifts the broom above her head and gives walls and ceiling a vigorous rubbing, she thereby lifts her whole muscular system. She thus raises muscles that have slidden down into ungraceful prominence around the waist and pulls them again into the place where nature put them when she was a child and gave her thus a full, fine chest. It really ought to be a privilege instead of an irksome duty to perform tasks that require using the hands vigorously while the arms are lifted above



GOOD FOR PHYSICAL CULTURE. The head. The spine must necessarily be held erect in this position, and drooping, bowed shoulders are thus straightened and made flat.

The Scrubbing Exercise.

A word about scrubbing, which so strengthens back, shoulders and arms. It is usually not necessary for a woman to get down upon her poor, bruised knees to scrub a floor. She can do it quite as well except in places she cannot easily reach by stooping over from the waist and hips till her hands reach the floor. In this position she can do as effective work, and she does not grow weary or wear her knees out.

Developing the Lower Limbs.

Few men and almost no women have the full use of their lower limbs. The legs are apt to be stiff and clumsy with the best of us. To make them strong, nimble and graceful housework comes in as a beneficent agent, provided the woman does not peg around her kitchen and home wearing those nerve racking, foot and leg destroying high heels so commonly seen. They were never made to walk upon—never—though when a woman is "dressed up" she rather likes the looks of them.

Stooping forward with the knees rigid and the heels together strengthens and limbers the muscles of the back of the leg throughout its whole length. There are a few movements over which every woman alive can spend two or three minutes a day. One of these is standing upon the toes and moving the heels rapidly up and down. This limbers the ankles and instep. Next stand upon one leg while you shake the other vigorously. Also swing the free leg back and forth, then from side to side as far as possible in front.

Sweet Sleep.

It is certain that no woman can be either healthy or handsome without abundant sleep to brighten the eyes and soften the facial lines that the day brings. Some persons need much more sleep than others, but find out for yourself just how much you need, then take it in spite of everything. To skip sleep makes a woman old and stupid twenty years before her time.

MARY ELIZABETH HART.

IMPORTANT INFORMATION.

LUZ DE ORO (Fiedler's long cigars) INVINCIBLE and SWEET ERIN are sold by the following dealers:

Bachtold & Ackerman, John Bachtold, H. F. Bowers, R. B. Caswell, James Casey, Joe Charrier, Mrs. N. E. Koontz, The Commercial, Davin & Michelloid, P. Donovan, F. Engelman, The Fountain, L. Grossmiller, Jack Hale, The Crescent, George Retzer, The Idle Hour, J. H. Kelly, J. D. Kelly, John Kremer, Larsen & Smyth, R. Ludwigs, LaFortune & Talabar, Lutcher Bros., George McWhirk, Fred Martin, N. R. Norman, A. Niebergall, F. M. Pauly, Fred Post, Joe Patross, The Senate, Smaifis Bros., E. A. Smyth, N. Schneidisch, H. Van Buren, Veit & Helmeberger, Peter Werner, Burt Walsh, The Walla Walla Stationery Co., The Walla Walla Liquor Co., Yarnell & Rogers.

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