Barrington Review

M. T. LAMEY, Ed. and Pub.

BARRINGTON, ILLINOIS.

It is naturally hard for a woman masquerading in male attire to be a man among men.

The fall styles in football yells are reported to be somewhat louder than last year's patterns.

A man while trying new boots on in a store fell and broke his leg. Must have been a pretty slippery customer.

An aeroplane garage has been constructed on the roof of a building in Paris. It is probably reached by a flight of stairs.

"War would be a crime," said the mayor of Tokyo. War is a crime, but are all the great defenders criminals? There's the rub.

It is rumored that Pullman fares are to be reduced. Nothing has been said about a readjustment of the scale governing "tips."

Kaiser Wilhelm says he told Queen Victoria how to run the Boer war. Does the kaiser mean to imply that he wants all the blame for its conduct?

If the testimony of the doctors is to the effect that the ordinary firecracker stands in the way of a safe and sane Fourth of July, the ordinary firecracker must go.

"How," wails a stenographer in a Sunday paper, "can we girls escape the unwelcome attention of our employers?" Might try climbing a tree, suggests the Cleveland Leader, and making a noise like a suffragette.

The 10,000 Japanese school children who sang "America" at the welcome to the fleet probably knew the words all right, but imagine teaching 10,000 American school children the words of the Japanese national hymn, whatever it may be.

The Harvard professor who asserts that it is criminal for a man to marry on less than $800 per year should accompany that positive opinion with a schedule showing the man who wishes to marry where and how he can secure the needed $800 job.

Let's see, didn't Wilheim II. compose an opera or something of that sort. But now nothing more nor less than the drama can possibly appease his universal genius. Mr. Frederick Thompson might ask him to write a play. Think of the accumulated material!

Dr. Story, the late principal of Glasgow university, taking a holiday in the country once, was met by the minister of the district, who remarked: "Hullo, principal! You here? Why, you must come down and relieve me for a day." The principal replied: "I don't promise to relieve you, but I might relieve your congregation."

Canada has, once and for all time, rejected the 12-foot canal as grossly incompetent, and its canal from Georgian bay to the St. Lawrence by way of the Ottawa and Mattawa rivers will be 21 feet deep, making Chicago and Milwaukee and Duluth ocean ports, subject only to sail of several hundred miles through exclusively British soil.

The distinguished Parisian architect, M. Augustin Rey, appears to be gradually getting reconciled to New York's skyscrapers. He now concludes that he would have the height of buildings limited by law to 20 or 30 stories, with a few taller buildings here and there to pleasingly diversify the outline. Or is M. Rey indulging in sarcasm at New York's expense?

It is estimated that the planting of between 15,000 and 20,000 acres to camphor trees in Ceylon would develop a production of 80,000,000 pounds, which, according to most authorities, is the quantity of camphor demanded annually at present. The camphor tree naturally grows to a height of 40 feet, but in Ceylon it is being kept at the more convenient height of four to five feet.

Ninety thousand more letters than usual were carried by the first three steamships that left New York for England after the two-cent rate for letter postage to Great Britain went into effect on October 1. Of course, many of these letters had been held to await the reduction in postage. One New York firm mailed 20,000 advertising circulars at a saving of $600 from the old rate.

The number of French families, with or without children, is estimated at 11,315,000. Of this total 1,804,720 families have no children, 2,566,171 have one child, 2,661,978 have two children, 1,643,425 have three, 937,392 have four, 566,768 have five, 327,729 have six, 182,998 have seven, 94,729 have eight, 44,728 have nine, 20,639 have ten, 8,305 have 11, 3,508 have 12, 1,437 have 13, 554 have 14, 249 have 15, 79 have 16, 34 have 17, and 45 families have 18 children or more.

Such persistence as that shown by the British suffragettes seldom fails. Within a few years we are likely to hear them discussing the fall styles in ballots.

Mr. Zangwill remarks that for freedom in literary expression in the United States one must resort to the publication of books and even there there exists an censorship which is quite remarkable in what it attempts and succeeds in doing. Evidently Mr. Zangwill lacks adequate appreciation of the charm of being edited.

OBEDIENCE TO LAW

WILL BE KEYNOTE OF THE NEW ADMINISTRATION.

Judge Taft, with Gov. Hughes of New York, Went Before the Country on Their Records, and Are Pledged.

The keynote of the new administration is obedience to law. Judge Taft himself has sounded it. It was enthusiastically received. Addressing a body of business men, the victor in the recent contest spoke for prosperity under the law, and his hearers rose to him with approval. The country will follow suit. In that sign we shall conquer.

If anybody asks, Why have emphasized so plain a point? let him recall the disclosures of the last few years in the business world. In many quarters not only was law being violated, but practices prevailed which in good reason called for prohibition. Men, alone or in combination, with cunning and large resources were a law unto themselves. They had adopted the Vanderbilt motto, and were swimming in privilege and gain. "The public be d—d!" Trusts were in their glory. Railroads were building or breaking down towns, fixing their own prices on commodities and making and unmaking public servants.

In New York state the very dregs of the population—the race track gamblers—observing what was going on at the top impudently copied it. They set up for a law unto themselves. Racing should go on according to their chart and interests. What had Gov. Hughes to do with it? Let him beware. If he made any more noise he would be pulled down at the polls and a man put in office who would keep his place.

When the great body of the people got a square look at the situation they wondered. For a moment it seemed incredible that such outlawry should for so long a time have gone practically unchallenged. Then as the wonder grew indignation grew, so that when President Roosevelt, moving first, and Gov. Hughes, coming into office later, took up the gage of battle, sentiment for the law took immediate form. Congress had all necessary popular support in its enactments to "shackle the cunning" of the big lawbreakers, while the legislature at Albany had the support necessary to show the gamblers their limit.

Judge Taft and Gov. Hughes went before the country on their records and the records of their party, and both were superbly indorsed. No more impressive majorities have ever been achieved than stand to the credit of those two men. The one goes from the White House, and the other remains at Albany, instructed by the people to execute all the law now on the books and ask of the lawmaking authorities such additional statutes as may be necessary to conserve and strengthen all public interests.

Judge Taft, speaking first, pledges himself to obey instructions. Gov. Hughes, in turn, will do likewise. They will continue what both have done much to help inaugurate—"the reign of law." All activities within the law are encouraged to go full speed ahead. All without the law, and defiant of the law, are warned to ring their backing bells and withdraw from the course. A word to the unwise, spoken by such men, should be sufficient.

There may be murmurs. Lawbreakers have no good opinion either of the law or officials who execute the law, but such influences are not to-day potent in our affairs.

Taft's Southern Trip Profitable.

The vote in those southern states in which voting still means something indicates that Mr. Taft's courteous attitude was not lost on the southern public. In Virginia, an additional seat in the house of representatives has, apparently, been won by the Republicans. North Carolina has sent three Republican representatives to Washington and the Democratic majority in the state has been decreased. The city of Richmond has seen, for the first time in years, a Republican campaign conducted by the most respectable and substantial element in the community. In Georgia, free speech and a free division of opinion have been countenanced, and both the Watson ticket and the Republican ticket have received generous support. The old Bourbon intolerance has given way to liberality and moderation, and the south is beginning to awake to the fact that its own political and material development has been retarded by the failure to encourage its people to think and act for themselves.

Will Not Stand for "Bryanism."

One demonstration of the campaign just ended is this, namely: That Democracy can not win before the American people in its present alliance with that system of political notions and purposes which, for want of a more definite name, the country has come to call Bryanism. Before Democracy can come again into power it must find a new and better creed, based upon principles, and competent by its powers of appeal to command the respect of the country. The American people will not turn over the responsibilities of government to a party of shifting ideas and policies, lacking the assurance afforded by fixed principles and habits, and whose success would be nothing less than a menace to the business prospects of the country.

"How did it happen?" asks Mr. Bryan. For that matter, how does it always happen?

SEES DANGER AHEAD FOR TAFT.

Democratic Newspaper Stands in Fear of "Reactionaries."

The New York Post sees danger ahead for Mr. Taft, and the danger must indeed be a very small one to escape the eagle and prophetic eye of the Post. Mr. Taft has carried a good deal of driftwood along with him to victory. Cannon and Dalzell, Payne and Gardner are liable to think that his triumph is one for reaction in general, and that they have carte blanche to break all party pledges and to eat, drink and be merry. But the Post will throw upon these delinquents the cold shadow of its watchful disapproval:

"Nothing is more certain than that President-elect Taft will have his ears filled with the cry that the tariff must not be touched. If prosperity rapidly returns, it will be said that any attempt at tariff revision will throw everything into uncertainty again. If, on the other hand, recovery lags, it will be alleged that the country is waiting till the terrible portent of tariff reduction is out of its path. Judge Taft will need all his firmness and every particle of his courage to keep his word on this subject, and to insist that his party also stand to its pledged faith. The question of stanchness and consistency in this matter of the solemn promises of the Republican party to reduce the tariff immediately after the 4th of March, will be the very article of a standing or falling presidency. This Mr. Taft must well know; but he may not yet be aware of the combined and formidable efforts that will be put forth in order to make him swear."

A Decisive Victory.

If Bryan had been defeated by a few electoral votes the result would have been a public calamity, because demagogy would have raised the instant cry that the will of the people had been defeated by fraud or purchase. If Taft had just "scraped through" the electoral college and if at the same time Bryan had received a slight plurality of the popular vote, the result would have been almost disastrous, because all the shrieking brotherhood of whirling dervishes, all the Socialists and enemies of the courts would have begun an immediate agitation against the domination of plutocracy and the "buying of elections."

The actual vote—its magnitude, its broad sweep—representing every sort of sociological and political school, in all sorts of states—the definitive, enthusiastic pronouncement for Taft and against Bryan in agricultural states, in manufacturing states, in business communities, and in the realms of labor, disarms the demagogue, makes the victory satisfying and decisive and convinces one and all that the people by the exercise of their reason and deliberate judgment repudiated Bryan and all his follies and isms.—Philadelphia Ledger.

Sees End of Bryanism.

The New York Times sees nothing for Bryan but annihilation, and "the crushing defeat of ambition evokes not one spark of pity." The people have pinned their faith to a statesman proved to be "capable, just, firm, fair, courageous and wise:"

"Under the conditions of a popular ballot this decision is the record of some 7,000,000 individual judgments. Men vote alone, they do not think alone. The majority ,millions who elected Mr. Taft president of the United States were moved by a just sense, common to them all, of the public weal, by a common desire, a common purpose to put into safe and competent hands the executive control of the nation's affairs. Their judgment was unerring, their decision was given with an emphasis that reflects the soundness of their understanding, and the firm convictions of their minds. In a sense it is astonishing, but we expect the American people, when their enlightenment is appealed to, to behave in just that way. No finer triumph of republican institutions and of the republican theory of government was ever recorded."

Mr. Taft and the Catholics.

Mr. Taft's letter, dated October 9, to Rev. Magnus Larson, a preacher of St. Paul, Minn., is straightforward, sensible and satisfying. It would have made a serviceable campaign document, so clearly and sanely does it meet the issue raised by the clerical inquirer, but it is well to avoid on principle all religious dispute on the eve of an election. Mr. Taft effectively sets at rest the silly rumors that a huge sum of money was paid out of the United States treasury to the Spanish friars in the Philippines, and that he ever made a special plea for the Roman Catholic church in the Philippines. His statement of the United States government's relations with the Catholics in our far eastern dependencies is coherent and valuable on its own account as a lucidly written chapter of recent history.

Of course, no large proportion of the American people were ever affected by the doubts Mr. Larson expressed in his letter. The vote show that religious bias has no influence in the election.

A Charleston (S. C.) paper remarks that "Republicanism, as represented by Judge Taft, is stronger and more vigorous in the southern states to-day than it has been since the Republican party was founded." The gain in this respect is likely to be one of the important political developments of the next four years.

Many of the Democratic newspapers which would like to consider Mr. Bryan politically dead are showing an undue fussiness about the details and date of the funeral.

DIET AND HEALTH

By DR. J. T. ALLEN

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Author of "Eating for a Purpose," "The New Gospel of Health," Etc.

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WHAT SHALL WE EAT?

If it is true, as many eminent authorities say, that health, happiness, beauty and efficiency depend upon eating more than on anything else, it is worth while to know what to eat.

Henry Ward Beecher said that a man with a poor liver can't be a good Christian. Certainly it is easier to exercise the Christian graces when one is free from biliousness.

When Bishop Fallows says that "You can make a man good or bad according to the way you feed him," he is not denying the importance of the condition of the heart, but emphasizing the importance of the state of the stomach. Daniel prepared himself and his companions for his wonderful ordeals through which they passed by dieting as well as by prayer, and the Master himself by fasting 40 days.

As we watch the amoeba, the typical unicellular organism, which closely resembles a blood cell, under the microscope, we find it changing its form, gradually, continually. It is all stomach, enwrapping its food and digesting it as a single organ; and as a single organ it adapts means to ends in securing a meal, "as perfectly," says Cope, the eminent biologist, "as a statesman adapts means to ends in organizing a government."

The body, therefore, is made up of a myriad of cells, each seeking its own nutrition, its primary, fundamental function, yet possessing the power of socialistic, harmonious action, organized as lungs, liver, heart, etc., subject to the influence of the sympathetic nervous system, which binds all the bodily organs together, so that if one suffers all must suffer in sympathy; carrying on the vital processes into which the nutritional function is organized, unceasingly, while life lasts, yet ever amenable to suggestion through the sovereign, conscious will.

Digestion is not a purely physical process, performed independently by a set of digestive organs. The entire organism is engaged in the process, controlled by the sub-conscious mind, subject to the influence of the conscious mind, the sovereign will. And, conversely, the influence of feeding is not confined to the special digestive organs, nor to certain effects which we denominate "physical." The influence of feeding is all-pervading. It is the mainspring of the mental-physical life. In its essence spiritual, it manifests the life through the use of material substance, food. And upon the quality of the food and the degree of expenditure of vitality in the process of nutrition, depends largely the quality of the life, mental, moral and physical. The question: "What Shall We Eat?" becomes in this light doubly important.

The essential substance of which all animal tissue is made, from the amoeba to the brain of man, is albumen. This albumen is found in the food of all animals. The white of egg is almost pure albumen; and in milk, the food of the young of all the mammalia, albumen is a large constituent. Experiments have been made to determine what foods will alone support life, determining that wheat gluten, which is almost pure albumen, supports life indefinitely longer than any other single element. Flesh, of which the lean is principally albumen, will support life indefinitely, as will milk, eggs, nuts, beans, wheat, corn, oats, dates, which contain a large percentage of albumen with other food elements. Milk has been called the perfect food because it contains, in addition to albumen, all the other elements necessary to build brain, muscle and bone; and the same is true of wheat and of some nuts and fruits. The milk of all the mammalia contains the same food elements, differing chiefly in the amount and kind of the albumen. Cow's milk is not a perfect infant's food because it contains a larger percentage of albumen than its natural food and of a somewhat different character. This important subject will be treated in a subsequent article.

Albumen is found in large percentage in all nuts, in beans, peas and entire wheat bread. Peanuts contain about 30 per cent. of albumen, with 50 per cent. fat not inferior to olive oil, and four per cent. mineral.

Recent experiments have shown that the percentage of albumen required for perfect nutrition is much less than was formerly supposed. The growing child requires probably three times as much as the mature man because it must build new tissue besides repairing waste. An insufficient supply of albumen for the child, if long continued, leads to serious results. A case was recently brought to our attention in which an infant had been fed for several weeks on fresh cream, because it was found that the stomach retained that while the entire milk was persistently rejected. At first there was an apparently satisfactory gain in flesh, but this gave place to extreme weakness and wasting. The cream was mixed with a part of the balance of the milk, gradually increasing the amount of albumen and other necessary elements of nutrition, and normal conditions soon returned. And here it may be remarked that excess of fatty tissue is an indication of disease, not of health.

The necessary albumen can be obtained from flesh because it is a necessary constituent of the flesh of all animals, including fish. But flesh contains a small percentage of waste matter of the animal's system. It has been repeatedly shown that flesh foods may communicate disease, despite the inspection; and the human alimentary canal is not as well adapted to the digestion of flesh as is the organism of the carnivora, in which the stomach and liver are relatively much larger and the intestines much shorter than in man. The well-known tests of endurance recently made at Yale university proved that non-flesh eaters had much greater sustaining power, in all the gruelling contests in Germany and America the winners have been abstainers from flesh meat.

The best sources of albumen, aside from meat, are nuts, beans, eggs and whole wheat or graham bread.

But the character of the albumen is important. Albumen coagulates at a temperature of 160 F., and is then assimilated with difficulty. It is for this reason, partly, that the egg is found to be more nutritious uncooked than cooked and it is for the reason, chiefly, that such apparently wonderful results have been obtained from the use of raw cereal foods, despite the indigestibility of raw cereal starch.

Understanding, then, that the essential element of food is albumen, in its natural state, the question arises: What is its best and most economical source? Considering economic conditions, which exclude the pecan, walnut, and other expensive nuts, the answer is: The peanut, which furnishes an abundant supply of easily assimilable albumen together with fat, which vies in nutritive value with olive oil. This, with a small amount of graham bread, gives the ideal protein and fat ration. The state of Texas alone can furnish the staple food of our people. The rapidly increasing consumption of the peanut with the corresponding rise in price should induce the planting of a still larger crop the coming season. The incoming crop is the largest ever produced in this country.

Not less than 80 per cent. of the solid part of our food should be that which supports combustion, maintaining heat and muscular energy. This is taken as fat or oil, starch or sugar. A certain percentage of fat is necessary for the best nutrition. If it be true, as many careful students of diet believe, that nuts and fruits are the most natural food of man, this percentage of fat should be large. Animal fats, even milk fat when separated, are assimilated with difficulty and they, particularly lard, are open to other objections. The consumption of olive oil has increased rapidly during the past few years. It is not generally known that peanut fat, as in the uncooked nut or in peanut butter in which fatty acid has not been developed by excessive dry roasting, is equal, if not superior, in nutritive qualities to olive oil, being assimilated with wonderful facility, as the extreme degree of its solubility in water would indicate.

There are serious objections to cereal starch as the major element of food, which it now is in the dietary of the American people. The potato, especially if baked, is much to be preferred to fine white bread. Rice is far superior to the ordinary cereals as a source of carbon, as the example of the Japanese would indicate.

Sugars are the most easily assimilated of foods (including honey), and fruit sugar should be substituted for a large part of our cereal food, cane sugar being inferior. And the best sources of fruit sugar are the ripe banana (almost unknown in this country) figs, dates and prunes.

Fruits are better eaten separately from other foods. Nuts and meat digest in the stomach, chiefly, requiring about three hours there; fruits digest in about one hour, in the intestine chiefly. There is as much objection to mixing them as there is to eating and drinking at the same moment.

Now without here considering further the requirements of an ideal diet, does it not seem evident that we have already a knowledge of facts that would enable us to make a wonderful gain in good feeling and efficiency by improving the nutritive supply and saving a large part of the vital energy daily wasted in digesting and eliminating improper and unnecessary food, if not for the average person who is slow to realize the benefit to be obtained, at least for the athlete who can quickly demonstrate a gain in efficiency by right diet, for the invalid who needs to conserve his vitality and for the aged whose stock is low (but who alas, lost to a great degree the power of adaptation)? Hundreds of invalids who have gradually changed their diet have found new life. Many who have had only the desire for greater efficiency and immunity from disease have made the change. A well-known merchant of Aurora, Ill., for example, who has for nearly a year followed an exclusive diet of juicy fruits in the morning, peanuts with a slice of Graham bread at noon and prunes only in the evening, drinking only water between meals, declares that nothing could tempt him to go back to the old way. He says, and his clerks corroborate the statement, that he is worth three times as much in his business; he can write a better advertisement, a better letter; his mind is clear, his conception brilliant, his judgment prompt, his execution sharp, decisive. He rises two hours earlier than formerly and enjoys his work as never before.

Here, surely, is food for thought.

SEEMED WORSE EVERY DAY.

A Dangerous Case of Kidney Complaint and How It Was Checked.

Mrs. Lucy Quebeck, Mechanic St., Hope Valley, R. I., says: "Eight years ago I contracted severe kidney trouble and my back began to ache continually. Every day it seemed worse. The least pressure on my back tortured me, and I could not stoop without a bad twinge. The kidney secretions passed irregularly with pain, and I bloated badly. My head swam and spots flitted before my eyes. One doctor said I was incurable. However, I found prompt relief when I started using Doan's Kidney Pills, and the troubles I have related gradually disappeared."

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Mrs. A. Gregory, of 2355 Lawrence St., Denver, Col., writes to Mrs Pinkham:

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Mrs. Pinkham invites all sick women to write her for advice She has guided thousands to health. Address, Lynn, Mass.

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"It would take time to assimilate the revelations that a visit to the great empire lying to the North of us would add to a wonderful Canadian Government Agent.

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C. J. BROUGHTON, Room 430 Quincy Bldg., Chicago, Ill.; W. H. ROGERS, Suite 2, Traders Trust Bldg., Indianapolis, Ind.; or T. O. CURRIE, 159 3rd Street, Milwaukee, Wis.

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