THE OBSERVER

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EDITOR AND OWNER.

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CARNIVALS NOT WELCOMED.

A local lodge last night turned down an offer to stand sponsor for a street carnival company. The lodge did eminently right for street carnivals do few people good and many people harm. The average carnival, though perhaps this particular one is an exception—we know not and care not—is a bilk and a moral degenerate which should be kept off the public streets. The city council allowed the recent carnival company a license to show on the streets of La Grande and the councilmen now are ashamed of their action, or should be. Lodges, fraternities, councils and individuals have but to bear in mind that carnivals are built on the bilk principle as a basic rule and that to allow them into a community or stand sponsor for them is abetting bilkers, abetting immorality and abetting an all-around nuisance.

DON'T EAT MORE THAN ONE PER CENT OF YOUR WEIGHT A DAY.

Harvey W. Wiley, formerly chief of the United States bureau of chemistry, writes an interesting article entitled, "Intelligent Eating" in the October Woman's Home Companion. He says in part:

"Every pound of useless fat which the human being carries is an impediment to proper activity. A man six feet tall should weigh approximately two hundred pounds. If by strict attention to his diet and exercise he can reduce this weight to 190 or 185 pounds, it would probably prove beneficial, but if his weight is allowed to rise to 210, 220, 230, or even 240 pounds, he unfits himself to that extent for his duties.

"Let anyone who is accustomed to physical exercise, and suited thereto, climb a long steep hill. If his weight is normal and his health good, he can do this without any very great fatigue, let him then begin at the foot of the hill and carry a weight of forty pounds, and note the effect that this will have. The man who weighs forty pounds more than he should—and there are thousands of them in this land of ours—is forced constantly to carry this quite unnecessary handicap.

"Food for special activities, or special public or private duties, is a matter which has not received any very great scientific attention. No set amount of food can be arbitrarily chosen for the brain-worker or other professional man. In general it may be said that a man of little exercise will eat less than one per cent of his weight of dry food per day. Any marked excess of food, or excessively starchy or sugary food, must also be avoided by the man and woman of sedentary habits."

"THIS IS MY 50TH BIRTHDAY."

Duke of Leeds.

The Duke of Leeds, who recently paid his first visit to Canada and the United States, was born Sept. 18, 1862 The first Duke of Leeds became Lord High Treasurer of England and was the well known minister of Charles II. The present duke succeeded his father i nthe title in 1895. He was a member of parliament from 1887 until he succeeded to the peerage. From 1895 to 1901 he was Treasurer of the Household and he has since been a member of the London county council. The Duke possesses an estate of about 25,000 acres. The ancestral seat is Hornby castle, a fine stone castellated structure situated in Yorkshire. In 1884 the duke was married to the daughter of the second Earl of Durham. The duchess is a brilliant woman and is well known as a writer.

THIS DATE IN HISTORY.

September 18.

1709—Dr. Samuel Johnson, famous English writer, Born. Died Dec. 13, 1784.
177—The Continental congress left Philadelphia on the approach of the British.
1811—Dutch surrendered the Island of Java to the British.
1862—The Southern states observed a day of thanksgiving for recent victories in the war.
1872—Oscar II. ascended the throne of Sweden.
1893—The Earl of Aberdeen assumed office as governor-general of Canada.
1908—Forest fires raged through New England.
1911—In a speech at Detroit, President Taft defended the supreme court decisions.

STRAUSS AND THE PROGRESSIVES

The wave of generally expressed enthusiasm that has greeted the nomination of Oscar S. Straus for governor of New York leaves no doubt that the action of the Progressive convention is regarded on all sides as nothing short of an inspiration.

Woodrow Wilson was quick to perceive and admit the burden which the choice of Mr. Straus placed upon the Democrats. "It's an admirable ticket and an admirable platform," said the Democrtic candidate when he heard the news. And then he added: "It will put us on our mettle."

One result of the nomination has been especially gratifying to the Progressive leaders. It is the way in which a portion of the press is calling upon William Barnes, Jr., and Charles F. Murphy to seek diligently and find candidates worthy to run against Mr. Straus. They do not call upon the people of the two old parties mind you—they call upon the bosses. "We are very sure," said the Brooklyn Eagle in this connection, "that William Barnes, Jr., and Charles F. Murphy both wish that they had men of eligibility favorably to compare with their own organizations at their service with a record, a capacity and an the career, the character, the experience and the representative strength of the gubernatorial nominee of the Progressives."

Friendly, independent and opposition papers join giving Mr. Straus the heartiest sort of endorsement. "It is impossible to deny," begins the leading editorial in the New York Times, a paper of independent Democratic tendencies, "that the New York Progressives have made a fine beginning. Mr. Straus has a good deal of experience in public affairs, he has held a high administrative office in Washington, and he has served with credit and distinction in a diplomatic post of importance."

The New York American's editorial headed "Nomination of Mr. Straus Raises Level of State Politics' begins: "In nominating Mr. Oscar S. Straus for the governship yesterday at Syracuse, the new party did a great day's work.

"A cause of inspiration is in no sense too strong a phrase," says the New York Evening Mail, "to apply to the great Progressive movement in this state, after Thursday's and Friday's magnificent work at Syracuse."

American Girl Weds in London.

London, Sept. 18.—At St. George's church, Hanover square, this afternoon Miss Edith Brooks, daughter of Mr. and Mrs. Walter Brooks of New and Lady Nutting of Dublin. The wed- R. Nutting, youngest son of Sir John ding ceremony, which was attended ed by many persons of social prominence, was followed by a breakfast at Claridge's.

Battle Between Miners Rages.

Lafayette, Col., Sept. 18.—In a battle between union and non-union miners 500 shots were fired but none were hurt, so far as known The trouble was caused by the attempts of union men to enter the stockade where the non-union men were dancing. A sheriff's posse is patrolling the streets.

Marshall Visits Birthplace.

St. Louis, Mo., Sept. 18.—Governor Marshall, the Democratic vice presidential candidate, addressed the City club at noon today. Marshall came here from La Grange, Mo., where he visited the home where he was born.

Speed Boat Regatta at Buffalo.

Buffalo, N. Y., Sept. 18.—Everything is in readiness for the opening tomorrow of the third annual speed boat regatta of the Buffalo Motor Boat club. The contests will take place on the Niagara river as in previous years. Tomorrow will be devoted to the preliminary events, with the national and international championships to follow on Friday and Saturday.

Bryan Nears Coast.

Salt Lake, Utah, Sept. 18.—Colonel Bryan boarded a special at Provo, Utah, for Salt Lake today, starting the state Wilson campaign. He made a number of rear platform attacks on Roosevelt and Taft and will start for Montana tonight, and be in Butte tomorrow night.

To Meet in Toronto.

Toronto, Ont., Sept. 18.—Everything is in readiness for the Canadian convention of the Brotherhood of St. Andrew, which will meet in this city tomorrow for a three days' session. Many men of prominence are scheduled as speakers, among them Premier Borden, Sir James Whitney, A. B. Wiswell of Halifax, Bishop Farthing of Montreal and Right Rev. Dr. Talbot Lord Bishop of Winchester, England.

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The drunkard will have none of me.
The heavy drinker says "no" when my name is mentioned.
The man who craves rough—strong—whiskey passes me by.
All this is as it should be----as I myself would wish it. I am not for them.

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