THE SUNDAY OREGONIAN, PORTLAND, JULY 3, 1904.

tities of alkaline salts, increasing the al kalinity of the blood, and so supplying a most excellent solvent for uric acid and

urates. Hence it can be easily seen that

fruit acids increase the alkalinity of the blood, fostering a perfectly normal condi

For Uric Acid Diseases.

cessive meat eating, but furnish a most

greatly diminished.

basis.

omplexion.

ould be spent.

Fruits, Their Food Value and Use in Disease By Frederick M. Rossiter, M. D., Author of "The Story of a Living Temple."

noted that fruits exceed in variety and value all other foods. However, by stances that poorly serve the requirements of the vital economy.

Strictly speaking, cereals and nuts be considered.

As to the variety of fruits, Nature has supplied man most generously. the palate-and it is so healthful that you there being more than 1100 varieties of apples alone. As to delicacy of flavor and aroma, no other class of foods can 2 to 1 to 7 to 1. The strawberry is from compare with fruits. Moreover, no food than most of the fruits in potassium, socomes to the table so free from discase and impurities. Every ripe apple, plum, peach, cherry and grape is canned and hermetically sealed by Na- United States amounts to nearly \$100,ture. It contains food and water of the 000,000, purest quality, and a richness of flavor that appeals to the most capricious taste.

it possible to have many varieties of fresh fruits the year round. The im-proved methods of canning fruits en-able every household to lay in a supply of fruit for the Winter and Spring. us spanning the intervals between the fruit seasons.

Beginning with the strawberry in May and June, there is a continuous procession of fruits through July, August and September, ending with the cranberry at Christmas. Then through the Winter apples are in season and are most appreciated. Oranges, lemons and bananas are perennial.

The abundant supply of fresh fruits during the hot months of Summer, to my mind, is a strong indication that fruits should more largely enter into our daily diet than they do. The food value of fruit not being appreciated by the laity and too little emphasized by the profession, fruits come in principally as dessert, and for this reason, though generally not understood, fruits are held responsible for many intestinal disorders during the hot months. Pitchforking all sorts of foods indiscriminately into the stomach and then topping off with one or more varieties of fruit buried in sugar and possibly

covered with cream is a strong tempta-tion to disease, but the fruit should not receive the biame if trouble re-sults, for in this case it is not responzible. Fruits Are Natural Foods.

Fruits are natural foods, and after neveral years of careful observation I am convinced that when they are properly selected, properly eaten and the right combinations are made, they are productive only of good, and supply indispensable elements toward enabling the body to maintain the highest degree of resistance to the inroads of

A study of the chemistry of fruits throws much light upon their value as a food, and in furnishing essential salts to the vital economy, also upon binations that should be made when eating fruit.

It is generally considered that fruits are mostly water, and hence serve an insignificant role in maintaining the nutrition of the body. It must be ad-mitted that with few exceptions fruits have a large percentage of water, yet this water possesses an important food value. Milk is regarded as an important food, and is universally adopted as a diet in fevers, yet it has a higher percentage of water than apples, pears, peaches, grapes, cherries or strawber-ries, while apples, cherries and pears possess almost the food value of whole milk as estimated in heat calorics. On, the other hand, one pound of cherries contains as much albumen as one egg.

A NATOMICALLY man is a frugiv-orous animal, and when foods are betanically considered it is NATOMICALLY man is a frugiv-orous animal, and when foods are botanically considered it is i that fruits exceed in variety and all other foods. However, by "Doubtless God could have made a better ne never did." An English writer has said this of the strawberry: "Its virtues are legion, and it has not a single defect. The blackberry, like the rose, must be plucked from among thorns: the habit man has become omnivorous, and berry than the strawberry, but doubtless often largely partakes of food sub- he never did." An English writer has Strictly speaking, cereals and nuts are fruits as well as apples and berry soon brings a sense of satiety, you peaches, also melons and tomatoes, but may crush your teeth upon a grape-stone for the present purposes only those or cherry-pit, and the biggest and sweet-fruits popularly accepted as such will est apple has a core. But the strawberry is one unalloyed and unimpaired mouthful

of deliciousness, it has neither rind nor can eat it till you are tired." The ratio of sugar to acid in the strawberry is from dium and magnesium, salts and iron. For this reason the strawberry is especially wholesome in rheumatism and gout. The strawberry crop annually harvested in the fruits.

The apple is rich in sugar and malic acid, the latter giving the apple its laxative properties. Apple juice made from taste. The consumption of fruit has very greatly increased during the past few years owing largely to the increased the apple may be easily kept on into the transportation facilities. This makes following Summer. The apple harvest in this country is annually more than 210,-

magnesia.

other

000.009 barrels. Excepting dates, grapes exceed all other fruits in the amount of sugar present. The ratio of sugar to acid is 29 to 1. The tartaric acid of grapes is combined freely with potassium sodium, calcium and

Recent experiments have demonstrated that grapejulce possesses high germicidal powers. Experiments made by the Chiago Board of Health show that the typhoid and the colon bacillus are ef-fectually destroyed by 1 per cent to 5 per cent of grapejuice. Grapejuice is highly nourishing and sustaining, and supplies us with one of the most delicious drinks in

Oranges, lemons and grape fruit have an abundance of free citric acid. Lemons contain from 35 to 40 grains of citric acid to the ounce, and in addition there malic acid, sugar and organic salts. It is for this reason that the juice of the lemon is so eagerly sought to allay thirst, and as a drink in hot weather and in fevers.

As a Disinfectant.

Dr. Ferguson, of London, in 1902, reported that lemon juice in the proportion of one teaspoonful to half a glass of typhoid infected water, is sufficient to destroy the vitality of the germs. These results have been many times confirmed by bacteriologists. Kitasato, the emi-

other bacterologists. Allasato, the emi-nent Japanese bacteriologist, and Von Ermengen, have shown that the citric acid of the lemon in less than one-half per cent, or 1-200, is capable of killing cholera germs in one-half hour. Acid of the same strength will kill the typhold fever germ, but several hours exposure lever germ, but several nous exposure is required. Pure lemon julce, however, is absolutely destructive to all germs. These facts are also con-firmed by Sternberg. Bolled fruit julce, while less active than the fresh julce, is

still an efficient germicide. As to the digestibility of fruit and fruit uices, it may be said that they are much more easily digested than starch or sugar. In fact, the juice is all ready to be absorbed, being predigested, and practically little effort is required on the part of the digestive organs. Furthermore, experiment has shown that citric, malic and tartaric acids are entirely consumed within the body.

It is very common to hear people say that fruits do not agree with them. Considering the combinations usually made and the manner in which the fruit is served and eaten, this may be true. But li feel prepared to say that if care is exer-cised, there are but few people who can-not eat most fruits and be the better for it. There are very few conditions in which fruits are contraindicated, namely, gastric ulcer, hyperchloridia, gastric catarrh with excessive mucous formation and acute gastritis. As a Diet. A consideration of the composition of fruits gives us some idea of the combination best suited to a fruit diet. In the first place fruits are rich in acids and contain no starch. Acid destroys the ptyaline of the saliva and delays the Acid destroys digestion of starch, or in fact prevents the continuation of starch digestion in the stomach, hence if acid fruits and a rich carbohydrate diet or starch foods are to be eaten at the same meal the fruits should be eaten at the close of the the food most cuts of lean beef is only about double this estimate. The writer would not be understood as advocating an exclusive fruit diet, but only as the define the food value of fruits and the definition of starch as little as possible. Second, fruits contain but little of the nitrogenous that fruits should be eaten more ex-tensively as a food, and not simply as a rule acid fruits combine poorly with nitrogenous foods, such as flesh foods, eggs, cheese, etc. Fruits that contain a digestive ferment, such as the pincappie, pawpaw and cranberry, seem to be an ex-ception to this rule. Third, fruits, with the exception of the olive, contain very little fat. Acids and fats are just as in compatible as oil and water. The cor clusion to be drawn from these facts is that fruits should be eaten largely alone, and that they are most digestible and cause practically no disturbance when taken on an empty stomach. Hence the meal at which fruit is eaten should be made up largely of fruit. Careful observation and study for several years vinces me that this is correct, and I be lieve I am supported by the experience of those who have investigated this matter carefully. The fact that fruit disagrees with so many people is due largely to eating it many people is due largely to enting it at the end of a long meal of several courses, and then to loading it with sugar. Cane sugar is not digested at all in the stomach, and in the presence of fruit juices it is a prolific source of fermenta-tion. Even in the small intestines the direction of come supart is clow while digestion of cane sugar is slow, while that of fruit sugar is rapid, and hence delays the absorption of the latter. The old adage that fruits are "golden for breakfast, silver for dinner and lead for supper." is an error. If combined prop-erly, fruits are golden at any meal. If after eating there is any disturbance, it is due to the combination and not to the fruit. As a rule fruits and vegetables are a poor combination. In fact, an important dietetic rule is that foods that are showly digested should not be combined with those that are quickly digested and different in character. If eaten alone fruits are digested in less than an hour.

tion and being a normal food. The greater the alkalinity of the blood the greater is its power to counteract disease in prescribing fruits in disease. It is quite a general notion that fruits The lemon cure for rheumatism is quit are a common cause of stomach and inpopular in different parts of Europe. Two

of the most prolific sources of uric acid formation and retention in the system are flesh foods and alcoholic drinks. Fresh fruits and their juices will not only causing diseases, fruits have a most bene-ficial effect upon the entire alimentary canal, and decrease the susceptibility to largely correct the disorders due to exintestinal diseases. Most of the fresh fruit juices are

solutely destructive to the bacteria that inhabit the alimentary canal. Stomach fluids that contain several million bacteria to the cubic centimeter, or 15% drops, can be entirely freed of germs in about four days, if a patient will live upon nothing but fruits without sugar. This same process will clean up a heavily coated tongue far better than calomel. Biliousness and auto-intoxication will respond more readily to an exclusive fruit diet than to pills and powders. No one class of foods tends to keep the bowels more regular than

In typhoid fever, per se, I do not know of a more ideal diet than fresh unsweet-ened fruit juices such as strained orange and iemon juice diluted, pure grape juice, grape pulp, ripe peaches apple pulp, and baked aples, avoiding seeds and skins The principal reason why fruits have comand, into disfavor as a food in typhoid fever is because of sweetening with cane sugar, or because of giving a milk diet at the same time. Milk is a most suitable medium for the prolification of bacteria and the elaboration of ptomaines, but not so with fruits nor their juices, both being inimical to the growth of bacteris.

In Sickness

In any intestinal disorder, acute chronic, no fruits with seeds, skins or pits or fibrinous pulp should be allowed. In my experience with typhoid fever 1 never gave but one patient milk, never

had a case with diarrhoea and practically no tympanites. In acute fever there is no diet that com-pares with fresh fruit without sugar, nor

a diet that the patient craves more or takes to more kindly. Fruit juices tax the digestive organs little and go a long way toward keeping up the strength, at the same time furnishing no fuel to feed the fever, and no media on which bac-teria can thrive; at the same time, also, they act favorably on the liver and kidneys, and they assist in the oxidation and

elimination of bacterial poisons. Aseptic foods furnish us with the most rational and scientific intestinal antisepsis that can be practiced, and one that does

tient to recover from later. Strawberries and lemons are especially valuable in uric acid diseases, because they not only contain a large amount of free acid, but are rich in potassium, sodium and magnesium salts. The fruit acids and acids in combination with salts,

> THE DAY WE CELEBRATE THE FOURTH OF JULY

Our Greeting in Acrostic-Compiled by Agnes Deans Cameron, Victoria, British Columbia.

THE times (as Cariyle says) are bad; very well, you are there to make -John Burroughs. them better.

H E whose word and deeds you cannot predict, who answers you without any supplication in his eye, whodraws his determination from within and draws it instantly-that man rules. -Emerson.

EVER, our heart's where they rocked our cradle, our love's where we spent our toll and our faith and our hope and our honor we pledge to our native soil.

et that great men are the inspired (sp

The Greatest Sideshows Ever Got Together The Prudish "Pike" at the St. Louis Fair, as Viewed by a Wideawake Woman.

posed, were erected for public use.

price.

seeing.

feel at home.'

dignant.

cards.

way.

People come here thinking that even if

Every time one of the hundreds of ex-hibitions is installed invitations are sent

out. Jefferson guards are stationed around and the common herd are told to stay out, that a reception is being held.

Not a day but a reception can be run

across to interfere with systematic sight-

The receptions in the state buildings

cause the greatest inconvenience. The tax-payers of the states thought they

were erecting their buildings in order that they could have a resting place that

would open its doors to them at any time

when they were weary and footsore from sight-seeing, and where they could feel

at home. It was not generally understood that they were intended as private houses for the use of certain people in entertain-

Many a horny-handed son of the toil

has marched his family towards the im

posing structure that bears the name of his dearly-beloved state over the front

door, proudly saying: "We will now go to our own building and rest. You know Mrs. So and So is hostess, and they said

she would make everybody welcome and

They are met at the front door by

Jefferson guard who says curtly: "Show your cards." "But this is our state building. We live

"Shaw your cards." The farmer usually grows a little in

"I tell you my taxes went to build this

house. It is as much mine as anybody's.

We've got a right here." A policeman stationed near to assist the

guard in case of emergency draws nearer.

The guard sneers, laughs, is brutal, or politely considerate, according to his in-

dividual disposition, as he answers firmly

are obstructing the way."

There is a reception going on and my

You will have to step back. You

orders are to admit no one who has not

Mr. and Mrs. "Butt-In."

The policeman is there to enforce or

ders. Flushed and humillated the farmer

trys to lose himself in the crowd. On

the street-car he buys a local paper and

reads that at the reception at such a

state building a number of uninvited guests attempted to gain admittance. He

finds himself and wife are referred to as

Mr. and Mrs. Butt-in. He is not likely again to attempt to

visit his state building, but finishes seeing the Fair deprived of that restful feeling

of home that can only be given by a place

The St. Louis papers are waxing loqua-cious on the subject of the uninvited

guests and the "butt-ins." Columns are

as the new species, as the unique produc

of the World's Fair, an evil that must be

blotted out. St. Louis papers are forget

ting that there is no such a thing-that i

day that was builded that every inhabl

to see and learn the better way, and show

The Fair was not intended for private

the mental and mechanical running of the Fair, that cannot be open to all alike, it is

There can be no such things as butt-ins at the Fair that is for the whole world,

but there can be, and unfortunately are, altogether too many butt-outs. The crowds who were expected in St.

Louis this Summer have not materialized

his brother from the Antipodes the better

social functions, and if there is one th aside from the workrooms necessary t

out of place inside the fence.

impossible that there be such a thing a "butt-in" in that wonderful city of

roted to the subject. They are describe

in which an individual interest is felt.

in that state. We want to come in rest and see our own building."

seeing the fair is expensive that every on

S T. LOUIS, June 28.-(Special Corre-spondence of The Sunday Oregonian.) -One of the most striking features It is not unreasonable that there is uni-One of the most striking features of this Fair, in contrast to other great expositions that have gone before, is the prudishness of the Pike.

The second second

It was commonly said, before the Fair inside the grounds will have the same chance if they are willing to pay the opened, that so-called World's Fairs had degenerated into an excuse for an enlarged Midway, a place where people could see improper dances and immoral exhibitions that they would never dare visit at excellent substitute for alcoholic drinks home, or where they were known.

People said the Pike would be the wickand lessen the desire for these beverages. edest street the world had ever seen: that After eating fresh fruit or drinking frui juice alcoholic drinks lose much of their the well-remembered Chicago Midway charm. I venture to say that if fruit julces were more largely used as a bevwould pale before it like the moon's last quarter before the rising sun. erage in the home the consumption of fermented and distilled drinks would be

The Pike is finally completed; the last nall has been driven; the paint has dried, and the scaffolding has been torn down

Emperor William of Germany on his re and carted away. Two months late, but cent Mediterranean trip abstained from spirituous liquors and substituted carbonbetter late than-waste a dollar getting ated water and raspherry juice. He im ready on time. The dazzling mile of prim, proper, pious,

proved so much that since his return he has practically become a teetotaler and is prudish, precise Pike is ready for the strongly advocating fruit julces. This is of scientific importance, for similar reworld's wonder. Its splendid breadth scorns the limits of a common tape line. sults have been obtained in thousands of but makes its mile of length seem less other cases, and the improvement made is founded upon a natural and rational than half the distance it actually covers. A line of electric-light poles, heavy with The vast majority of people would b brilliant globes, runs straight down the greatly benefited by making one of their meals largely of fruit without cream or milk and with sugar in moderation. If center and makes night a glaring day. The while structures on either side, brave with gigantic statues and ornaments of staff, such were the case there would be but little call for "blood purifiers" and Spring shining with mirrors, glowing with the gorgeous colors of the Orient, their fronts tonics, and most women would be relleved of the anxiety incident to a bad a glitter of electrical wonder, make the

glare a flash of brilliancy.

A fruit diet is especially adapted to hot It is a street to itself, a street that weather. If on a warm morning, instead starts nowhere, and leads nowhere; shut of eating freely of ham and fried eggs, hot biscuit, pancakes or fried potatoes, off by Ireland at one end and Galveston at the other. The visitor drifts into the Pike, with one or more cups of hot coffee, fruits to find himself one in a spreading sea of the breakfast, a much more comfortable day heads, and cannot tell the route by which he came. A piece of lemon in the mouth or

Such a street has never been seen before little lemon juice will often check the nausea in pregnancy and seasickness, and and never will be again. It is a product of advanced civilization of amusements, the conditions of which can only be

Two Solid Miles of Show.

Two solid miles-up one side and down the other-given over to the most luxurius and expensive shows of which modern ingenuity and mechanics is capable, and not the faintest undercurrent of depravity throughout the entire length.

It is not that the dancers do not want to be naughty. It is not that the "barkers" would not rather have a little degradation to exploit, or that the owners are averse o the money that comes so easily when vice is the commodity. It is not that the public objects to finding itself suddenly confronted with something it never intended to witness-or thinks it did not Not at all. It is simply the Fair man-agers, sitting up at the Administration building, calm, and unconcerned that humanity will want what it should not want

The managers say that this Fair is going to be unique in its morality. If Decem-ber 1 finds their determination a matter of history the world will take off its hat o the managers.

The poor "barkers"! They are putting on a brave front and doing their best to convince the public that their girls have tant of the earth's surface, who chooses to avail himself of the privilege, can come lost none of their old-time Hula-Hula and Little Egypt mannerisms. These "bark-ers" have grown gray and grizzled in ingenious methods of invelging the public into viewing indecent exhibitions. To change the tactics and ignore the traditions of a lifetime spent at fairs and ex-positions is too much to expect of them. After the first admission to the "Oriental Streets of Something or Other" has been paid, the visitor finds himself one of a crowd, which is being harangued by a street-preacher-looking individual, stand-ing on a platform before the gaudy entrance of a theater, who entices them to: "Come in and see the dance of history, the dance you have heard all about, the

The impression that has gone abroad that in addition to being expensive the Fair is largely a social function, may have had something to do with this. People have dance that is like the soft waves beating against the boat as the moon rises over

wishes to attend any state reception. Certainiy to attend any since recepton. Cur-tainiy there will be none at the Texas building while I have charge of it." This was the first reception attended by President Francis and Fair officials where cards were not demanded. versal objection to exclusive functions being given in buildings which, it is sup-

The ordinary "paying" people have been permitted to see the processions and view the favored ones going in and out of the buildings where receptions were held, but the "real thing" has closed its doors on them. This has tended to keep people away from the Fair.

"Dixie" the Most Popular Air.

One of the peculiar demonstrations of this Fair is the strong hold that Dixie has gained on the American public as a National sir.

There are so many National airs, and of such diversified character that none can be accepted as the air. Where one expresses dignity, another exultation, and one joy; patriotism is the motif for another, and reckless abandon is the sole appeal of the rollicking fifth.

The public appears to find in the attractive strains of "Dixie" the embodi-ment of all these quantities in a manner that appeals directly to the heart The tune has long since lost its local significance. Few know, or care, as to the words that once accompanied it. The World's Fair public seems to find in its pure musical sentiments the qualities that appeal to patriotism.

The National airs are all played con tinually on the grounds, and never fail to meet with the heartist response and appreciation, but when "Dixle" is played the grounds fairly resound with the wild

est enthusiasm. It has become apparent that this is not due to any partisan feeling, but is a nat-ural tribute to the characteristic musical qualities of the tune that make it sin-

gularly appropriate for a National air. It is doubtful if another exposition will ever be built on so "spreading" a scale as this one. The distances are enormous. Miles and miles have to be walked in a day's sight seeing.

The landscape gardening is beautiful be-yond description. The lagoons, with their curved bridges, are the perfection of art, but the long spaces between bridges and the winding walks that double and treble the distances between given points, while a feast for the eyes are a terror to the The magnificent stairways add feet. much to the picture, but are very fa

The wheeled chair, at 50 cents an hour, is the only escape. The Intramural raliway, that promised so much in the way of transportation, has been proven a delusion. The track only circles the outside of the grounds, far from the central buildings, and circles miles to go one. The stations are so far apart, and so inconveniently located, that it is usually quicker and less distance to walk to the desired point than to find a station, and walk from the alighting station to where the visitor wishes to go. World's Fair feet have become a com

mon complaint, the feet swelling until the shoes cannot be borne. Shoes that seem loose and comfortable at home be-Shoes that come instruments of torture after a few days at the Fair.

This Exposition is a great and glorious affair, but to walk in the neighborhood of ten miles a day, with your head turned in every direction at once, and your eyes popping out of their sockets, while your mouth seems to think if it produces a sufficient cavity it can take in what your eyes and ears and tangled brain have missed, is no easy job.

missed, is no easy job. The only thing to do at this Fair is to allow plenty of time and money to see it properly. The time and money will never be regretted. HATTIE LOUNT.

Jim Bludsoe.

[These verses, written about 40 years ago by Colonel John Hay, now Secretary of State, are recalled by the burning of the excursion steamer General Slocum.]

Wall, no! I can't may whar he lives, Because he don't live, you see; Leastwise, he's got out of the hahit Of livin' like you and me.

Whar have you been for the last three years That you haven't heard folks tell How Jimmy Bludsoe passed in his checks

The night of the I

when doctors go afoot, the bakers on horseback, and the men of letters drive in the process of absorption and in the in their own carriages, then the Empire liver, are oxidized, setting free large quanties well governed.

This is a Chinese saying:

not tax the vital resistance of the pa-

blo

stipated children Obvious.

apple juice are the most valuable. In lysentery and enteritis fresh or unsweet ened blackberry juice is the best. When the sword is rusty, the plow

bright, the prisons empty, the granaries full, the steps of the temple worn down and those of the law courts grass-grown

-Rudyard Kipling.

-Burke.

-Milton

In malarial fever, lemons, grapefruit and

and dextrinized cereals constituted

quite surprising results may be obtained in treating a felon by putting the finger nto a fresh lemon and covering with a reached to be passed. compress. I have seen the most gratifying results follow the administration of fruit juice in rickets and tetany, as well as in con-

d of the best gr does one t or two pounds of strawberries. It is obvious from this comparison that, while so large a proportion of fruits consists of water, yet even the most succulent fruits possess a greater food value than is generally known.

The food value of grapes per pound is 456 heat calorics, pears 580, apples 290, bananas 460-600. These figures compare favorably with those giving the food value of fish, and the food dessert.

Rich in Organic Acids.

The analysis of fruits shows that they are especially rich in organic acids, mineral saits, sugar, pectin and essential oils. In fact, the value and great demand for fruit is due, principally, to the craving of the bodily system for these elements. The acids and saits of fruit are the best, most satisfactory, the safest and most absolutely harmless "blood purflers" that have been given to man. They are not nauseating draughts nor highly tinetured with alcohol, and are within the reach of all.

According to Presenius, the flavor of frults depends, first, on the ratio in which acids stand to sugar, gum and other carbohydrates: second, on the presence and delicacy of the aroma due to essential oils; third, on the proportion between soluble and insoluble substance and water; fourth, on cultivation, which aims at increasing the proportion of sugar; fifth, on favorable seasons and on the soll.

The predominating acids of fruits are sitric, malic and tartaric acids. Citric acid is the principal acid found in lemons. limes and grape fruit. Malle oranges, acid is the chief acid in apples, peaches, pears, cherries and currants. Tartaric acid, in grapes.

In ripe fruits there is no starch exing a trace in certain bananas and in the bread fruit.

In green fruit starch abounds, but in the process of ripening under the actinic rays of the sun, the starch is entirely converted into fruit sugar or levulose and dextrose, the sweetness of which compares with that of honey. Among fresh fruits, red pears contain the most sugar, the proportion of acid to sugar being 1.96. Next comes grapes with 24 per cent, sweet cherries with about 17 per cent, and apples with 12 to 20 per cent. The strawberry has more than 6 per cent of sugar. In dried fruit the sugar much more abundant. For instan dried figs contain 50 per cent of fruit sugar; dried apples 43 per cent; dried cherries, 22 per cent, and raisins, 54 per cent. Hence it can be seen that these friuts possess a high food value. The sugar of fruits, when oxidized, furnishes about one-half the energy of the same amount of starch. Fruit sugar being already predigested by the actinic rays of the sun, and being absorbed more quickly than water because of the presence of the combined acids and salts, is easily and readily oxidized and furnishes no small amount of energy to the body. A German investigator has shown that fruit sugar, when oxidized, has a special tonic effect upon involuntary muscle. For these rea-sons fruits and fruit julces furnish us with an ideal food for acute fevers.

Then again, fruits are valuable because of the rich supply of organic salts which entain such as citrates, maintes,

When Fruit Disagrees With Some.

When a patient tells me that he cannot eat fruit, after inquiring into his diet, in nine cases out of ten. I can tell him why. Canned fruits heavily sweetened with cane sugar are a prolific source of gas-tric and intestinal disorders, and should not be used in fevers. Fruits and fruit juices canned without sugar are very ser-viceable, but the unsweetened fresh fruits and juices are the best.

The laxative fruits are apples, oranges, prunes, figs, mulberries, dates, nectarines, tamarinds, plums and strawberries,

The astringent fruits are blackberries, tranberries, whortleberries, black raspcranberries. berries, prickly pears and black currants. This is more true with the fruit juices than the fruit itself.

All fruit juices are diuretic, or act favor ably on the kidneys, especially lemons, or, anges and melons. The best stomachics or apetizers are or-

anges, apples, lemons, limes and grape-fruit, and should be eaten one-half hour before meals. In the dietetie treatment of disease

fruits deserve a much larger consideration than they have hitherto been given. While

I ing) texts of that divine Book of Revelations whereof a chapter is completed from epoch to epoch, and by some named history. -Carlyle,

MERICA'S good enough for me. -Rudyard Kipling.

FET I doubt not through the ages one increasing purpose runs, and the thoughts of men are widened by the process of the suns. -Tennyson.

E cannot all serve our country in the same way, but each may do his best, according as God has endowed him, -Goethe.

EVERY man has a grand chance.

"HANGE is inevitable in a progressive country-is constant. -Disraell

EVERYTHING that happens in this world is part of the great plan of God running through all time. -Henry Ward Beecher.

IBERTY, when it begins to take root is a plant of rapid growth. -Washington.

EVERY man, so far as he thinks is a free man.

-Emergen. BAD laws are the worst sort of tyranny.

REASON and experience both forbid us to expect that National morality --Washington.

GOVERNMENT may not waver-once it has chosen its course, it must,

A without looking to right or left thenceforth go forward. -Bismarck.

"HERE was a state without King or nobles; there was a church without bishop; there was a people governed by grave magistrates which it had selected and equal laws which it had framed. -Rufus Choate.

DUCATION is our only political safety-outside of this ark all is deluge. -Horace Mann.

"HE man who in this world can keep the whiteness of his soul is not likely to lose it in any other. -Alexander Smith.

APPINESS growe at our own fireside, and is not to be picked up in strangers' galleries. -Douglas Jerrold.

EVEN so: better to dwell in Freedom's Hall, with a cold damp floor L and molding wall, than bow the head and bend the knee in the proudest palace of slavery. -Thomas Moore.

REEDOM'S soil hath only place for a free and fearlees race. -Whittier.

OH, what is freedom, but the unfettered use of all the powers which God for use has given? -Coleridge.

TMOST liberty I crave-liberty to know, to think, to believe, and to utter freely according to conscience, above all other liberties.

ELY on no frail hopes; how to no patron's insolence; in freedom live R and dle.

THY spirit Independence, let me share; lord of the lion-heart and engleeye! -Smollet

HAIL! Independence hall! Heaven's next best gift to that of life and -Thompson.

H! give me liberty, for were even Paradise my prison, still I should long O to leap the crystal walls. -Dryden.

ROM this we see our natures are like oil; compound us with anything yet will we strive to swim to the top. -Beaumont Fletcher.

UST is the patriot's boast, where'er we roam, our first, best country, . ever is at home. -Goldsmith.

NION is strength; men's hearts ought not to be set against one another, but set with one another, and all against the evil thing only -Carlyle.

IBERTY will not descend to a people, a people must raise themselves Le to liberty; it is a blessing that must be earned before it can be en-

joyed. -Colton.

FEA, let all good things await him who cares not to be great but as he serves, or serves the state. -Tennyson.

the distant shores, the dance of love of night, and lotus flowers, and dreamy music, the dance of passion, the dance that cost a great Bible character his head, the dance that will make you-" His voice gradually dies away to a soft and inviting whisper. Ladies be drawing out to the edge of the crowd. Ladies begin The "barker" draws himself suddenly His voice loses its confidential tone and becomes brisk and business like "Don't go, ladies. This show is for ladies as well as gentlemen. It possesses You can't a great educational value, afford to miss it. It is not fair to con demn what you haven't seen." The ladies remain.

"That's right, ladies; be liberal and broad minded. We keep the dance separate because we don't want people to say, 'I wouldn't have come in if I had known I was to see that.' We don't want to intrude it on anybody. We want you to know just what you are going to see before you go in, for you are going to see the r-e-e-al thing. Of course our girls don't know how to do dancing steps as you know dancing, but-a-a-a-h-they do know-This way, ladies and gentleme -to the box office-o-o-o-o-nly 25 cents.

Can See Worse on Coney Island. The hoppings and jumpings of thes girls, who know no dance but that of impropriety, and are not allowed to practice that, can best be described in the

language of a seasoned New Yorker, who came down to do the Pike because he heard it was going to be worse than the Chicago Midway ever dared to be: "Oh, pooh! I could see wuss nor that

on Coney Island any day." A dainty little schoolteacher from faroff Oregon sat on the edge of a lagoon and looked longingly toward the Pike. "I really would like to, but, you know, they do say, indies shouldn't. I expect it is awful."

She was persuaded to venture. She emerged from the Pike gasping: "It was all very splendid-really-you

know I-it was no bewildering-I-really, you know-Tjust can't remember what I did see-but, would you believe it, I surely did not see a single improper thing." There are some of the most wonderful exhibitions and illusions on the Pike which mentality and money can produce. There are also some of the most abject fakes that were ever palmed off on a

long-suffering public. To distinguish between them. Impos sible until the price of admission been paid. There is a sort of word-of-mouth advertising, however, that pervades the Pike, that makes it safe to fol-low the biggest crowds, not the crowds that surround the "barker" and free show at the entrance, but the crowds that actually enter,

Exclusiveness of Social Functions.

There is a great deal of dissatisfaction over the social tendency of this affair. There are two distinct sides to fair life; those who are in the inner circle and who are invited and admitted to everything, who, being people of importance, hold passes, and represent the "pass hold passes, and represent the "pass side," and those who pay their way, and for the privilege of standing outside the buildings while the "pass people" ent. drink, and make merry, who constitute the "paying side."

There is one continual round of social functions going on at the World's Fair Grounds. The inner circle numbers nearly tion people, with their families. They are the Fair officials, directors, chiefs of de-partments, superintendents of divisions, the foreign, National, and state commis-eloners, and board of lady managers. In addition distinguished people who happen you nothing

gone home dissatisfied, to spread dissatifaction among into

He warn't no saint-them engineers Is all pretty much allke-As one lady said, "I couldn't get in to see what the women were doing because One wife in Natchez-under-the-Hill, the Board of Lady Managers were giving And another one here in Pike: a lunch. I couldn't get into my state A keerless man in his talk was Jim. building because a reception was being held. I thought I would be free to go And an awkward man in a row, But he never fluked and he never liedanywhere when I came, but with this foreign building open only on such a day and another foreign building only open to cards. I might as well go home as to I reckon he never knowed how. And this was all the religion he had:

To treat his engine well; Never be passed on the river; wait for certain times to see things." Humanity is so apt to overlook the hun To mind the pilot's bell; dreds of things they can see, and, Fatima-like, hang around the closed doors. In the maelstrom of exclusiveness that And if ever the Prairie Bells took fire, A thousand times he swore He'd hold her nozzle agin the bank threatens to wreck the real objects of

the Exposition, the personality of one woman stands out like a saving light. The writer has not met this woman, nor even seen her, to know her. It must be rem bered that the World's Fair is a city, peo pled by thousands and thousands.

She is Mrs. O. T. Holt, of Houston, Tex., hostess of the Texas building, who has taken a decided stand on World's Fair exclusiveness.

Mrs. Holt will probably find herself faous as a leader in breaking up a perniclous custom.

A reception was given at the Texas build-ing in honor of certain officials. It was rumored that a cordon of guards would be stationed around the doors and those dreadful "butt-ins" kept out. Mrs. Holt

saw in a morning daily that no one would be admitted without cards. She hastened to declare herself on the subject:

"As long as I am hostess of the Texas building there will be no admission to public receptions by card. The Texas building was erected by the people, and is a public building. The public should be admitted to all functions held here, and for that reason, as long as I have anything to do with it, the building is open to everybody. People are at liberty to elect their own guests at private func-

discrimination

SKIN DISEASES The Outcropping of Bad Blood.

While not always painful these are aggravating beyond expression. With few exceptions they are worse in spring and summer, when the system begins to thaw out and the skin is reacting and making extra efforts to throw off the poisons that have accumulated during the winter months. Then boils and pimples, rashes and eruptions of every con-

ceivable kind make their appearance, and Eczema and Tetter—the twin terrors of skin diseases—Nettle Rash, Poison Oak and Ivy, and such other skin troubles as nsually remain quiet during the cold weather, break out afresh to torment and dis-tract by their fearful burn-ing, itching and stinging. A course of S. S. S. now will purify and enrich the blood.

reinforce and tone up the general system, and carry off the bodily impurities through the proper Q channels. The skin, with good blood to nourish it, remains smooth and free of all disfiguring eruptions. 0 Send for our book on diseases of the skin, and write us if you desire medical advice or any special information. This will cost

THE SWIFT SPECIFIC CO., ATLANTA. GA.

purify and enrich the blood,

RR

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tions, which they may give, but I do think this right extends to public affairs in state buildings. There ought to be no

All boats had their day on the Mississip And her day came at last-The Movaster was a better boat, But the Beile she wouldn't be passed And so she come tearin' along that night-

Till the last soul got ashore

And her furnace crammed-roain and pine. Fire hust our as she clared the bar,

And burnt a hole in the night, And quick as a flash she turned and mada For the willer bank on the right. There was runnin' and cursin', but Jim

yelled out, Over all the infernal roar, "Til hold her nozzle again the bank

'Till the last galoot's ashore."

Through the hot, black breath of the burn-

In room the hot, black breath of the burn-in' boat Jim Bludso's voice was heard. And they all had trust in his cussedness. And know'd he'd keep his word. And, sure's you're born, they all got off Afore the smokestacks fell. And Bludso's ghost went up alone In the smoke of the Prairie Bells.

h, as long as I have any-th it, the building is open regulates at private func-ey may give, but I do not t extends to public affairs gs. There ought to be no against anybody who

to be too hard