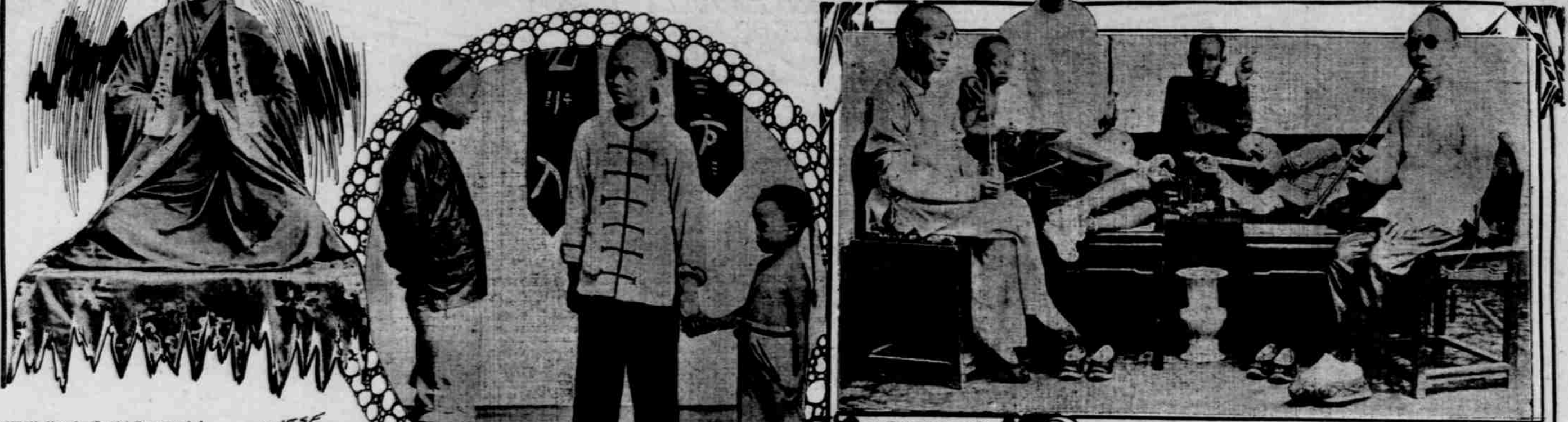


# WHY CHINESE ARE STILL

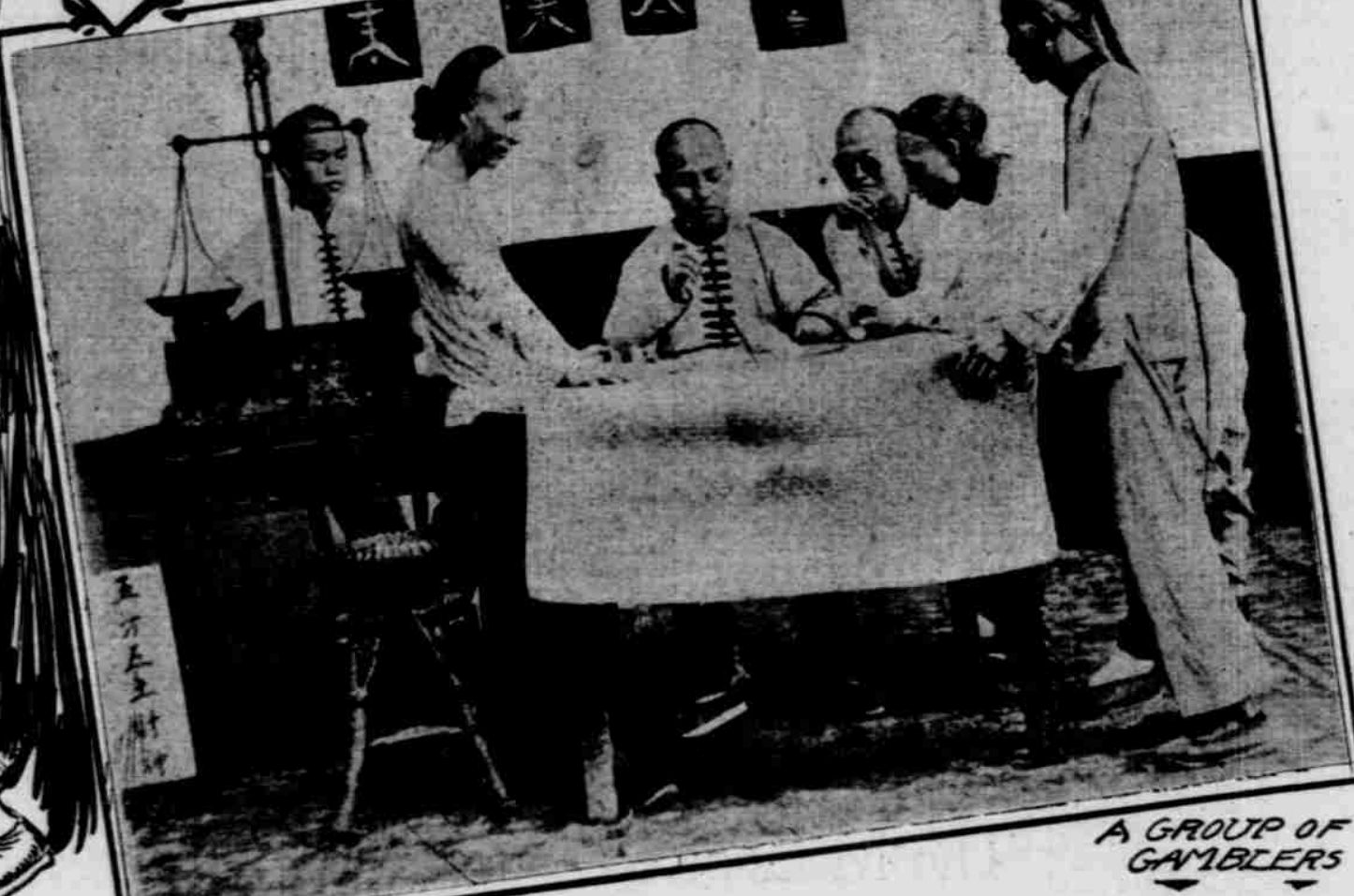
## THEY HAVE LOST MUCH OF THEIR OWN CIVILIZATION



CHINESE PRIEST IN ATTITUDE OF PRAYER

STREET TYPES IN CANTON

ARISTOCRATIC OPIMUM SMOKERS



A GROUP OF GAMBLERS

CANTON, Nov. 2.—(Special Correspondence of The Sunday Oregonian).—The Chinese are the world's best exponents of industry, economy and perseverance. They are ideal examples of patience, contentment and cheerfulness. Possessing these cardinal virtues, why is it that they do not dominate the earth and rise above all other races? Why is it that the Celestial who can beat the Jew in a trade, who can live on less than a white man wastes, and who can outdo the ox for sheer strength and staying powers, fails to hold a high place among the children of men? The explanation seems to lie in the fact that he has faults which counteract his good qualities.

Ignorance and superstition are doubtless the greatest barriers to the progress of the Chinese as a nation. They are looking backward rather than forward. They venerate the written word of the past, and will have nothing to do with ideas which are new and strange. The glamour of tradition is the shackles which binds them to mediocrity. The Chinese have not only refused to adopt new ideas, but they have forgotten or discarded much that was good in their own civilization. During the last few hundred years their course has been one of steady retrogression.

### Backsliders in Medicine.

This is lamentably true in regard to the science of medicine. The first medical book ever written was the work of a Chinese Emperor. This progressive man was an expert pharmacist and won the confidence of the people by testing the actions and uses of the different drugs on his own person. The early Chinese also knew the use of anesthesia, they used mercury for a cure of syphilis, and were the first to inoculate for the cure of smallpox. Although they have been able to produce smallpox in a minor form for nearly 200 years, they have never adopted vaccination, still following their old practice of blowing pulverized scabs into the nostrils of the patient.

The retrogression of medicine has resulted from the selfishness of the great physicians who, instead of leaving their knowledge to posterity, took it with them to their graves. There are no medical schools and the ambitious student can gain little experience from apprenticeship, because each master jealously retains his own learning. Consequently, the average Chinese doctor is merely the owner of a drugstore and professes an understanding of medicine in order to dispose of his goods. Quackery and superstition have proceeded to such a pass that millions of ignorant dupes believe implicitly in the efficacy of such ridiculous and disgusting nostrums as powdered spiders, dried cockroaches, human urine, dog testicles, pulverized deer horns and dragon bones.

Chinese doctors profess an art of feeling the pulse. There is a book entitled "The Eighty-One Difficulties," which deals exclusively with the subject. Unless the doctor feels the patient's pulse for several hours, he considers that his adviser is slighting the case. I was told of an old practitioner who fell asleep while holding the wrist of an invalid. When the doctor awoke the patient was dead. A favorite treatment for throat disease, as well as driving off devils in cases of high fever, is to draw a diagram on the patient's forehead with a red waxen candle and drink with a cup of tea. In China the doctor charges his patient as long as he is well, but payment stops when there is illness.

### A Nation of Suspects.

The innate love of money is one of the principal evils of Chinese life. Greed is such a universal trait among the inhabitants of the empire that it has destroyed all confidence and public spirit. China has a wall around it, and every city is protected in the same manner. Every man is afraid of his neighbor. The Chinese should never resent suspicion from the foreigner because they are so distrustful of each other. The waiter in the public inn should be treated with suspicion, the tax collector should be treated with suspicion, the patron may both hear, thus preventing any attempt to squeeze either party. The scholars in the schools study alone, so the teacher may know that they are devoting their attention to their lessons. The country people are so suspicious of strangers that they will not feed nor lodge any one with whom they are unacquainted. There is an old Chinese saying to the effect that when one is walking through an orchard it is not well to adjust one's cap, also that while passing through a melon patch it is not the time to lace one's shoes.

One writer who had lived long in China cites the following instance to show to what extent mutual suspicion exists. An elderly man had a well-to-do neighbor with whom he was formerly associated in one of the secret sects so common in China. On the sacking him about his neighbor, whose house was at a little distance from his own, it turned out that the two men who had grown up together, and had passed more than 60 years in proximity, had nothing to do with each other. "And why was this?" "Because the other man is getting old and does not go out much." "Why then do you not sometimes go and see him and talk over old times?" "Are you not on good terms?" The person addressed smiled and shook his head. "Yes," he said, "we are on good terms enough, but he is well off and I am poor, and if I were to go there it would make talk. Folks would say, what is he going there for?"

### Every Fellow for Himself.

Another instance of commercial suspicion was afforded by the death of a member of the municipal government in a certain town. There were 12 men on the board, and they kept the money and papers of the municipality in a big safe which was locked with 12 padlocks. Each member of the board held a key to one of the locks so that the safe could not be opened unless all 12

### The Public Be Damned.

The private citizen will not turn his hand to improve public property, nor raise his voice in protest if it is not done officially. There is no right of way in China, the roads run wherever the course of travel takes its way. When the public begins to traverse a farmer's land he tries to discourage the trespassers by digging ditches and obstructing the way, but his protest goes no farther. If he fells a tree across the path he wastes his energy and his lumber, because the stream of hungry stones being carried off by whoever happens to get the first chance to steal them. Brick pavements will disappear in the same way unless vigilantly guarded.

The official contrives to squeeze those with whom he comes in contact, and the coolie never misses an opportunity to take advantage of any situation that will warrant the practice of petty extortion. For instance, an American girl who patronized two chair coolies regularly, always had to pay them double when she went to church. Once she resisted their demands and they followed her into the building, interrupting the service by their clamor for a few additional coppers. The

### Vegetable Seasoning.

The time will depend upon the size and shape of the meat; 30 to 60 minutes per pound will not be too great an allowance. Little care is necessary after once starting the braising. Occasional basting with stock or water is all that may be needed. The meat should be tender, rich, of fine flavor and not in the least stringy or ragged. Sometimes the meat is braised in the oven just before serving, particularly if it has been larded with strips of pork or bacon or a glass (made by boiling down some of the gravy) is poured over the surface. Great variety

### Concerning the Making of an Ordinary Cook

BRASING is a particularly good method of cooking tough meat, as well as tender, and is less frequently practiced than it deserves to be. In meat properly braised you should have the succulence of the best stew, together with the appetizing brownness and crispness of a roast. Regular braising pans are provided with a sunk or hollow lid for the purpose of applying heat above as well as below by means of hot cinders or charcoal. The ordinary cook, however, seldom possesses such a pan, and a common iron steppan or plain braised casserole with a tight-fitting cover will give good results.

A rather small piece of meat is best. It should be compact and not much smaller than the pan (about two inches square all round is all that is necessary) although chops and slices of meat can also be cooked satisfactorily in this way. The meat is often (though not invariably) lightly browned in a little hot fat before braising. It is then placed on a layer of mixed vegetables (carrot, onion, celery, turnip) which have been cleaned and cut in small cubes. A sprig of parsley or thyme and a bit of bay leaf are good also; and a very little whole spice (pepper corns, cloves, etc.) may be added according to personal taste and the kind of meat used.

Be careful not to use too much spice, however; the merest suggestion of spicy flavor is enough. Stock or water is added—just enough to touch the bottom of the meat; more vegetables may be placed above the meat, and the whole covered first with buttered paper to keep in the steam, and then with the lid. Now let simmer gently—not boil—until done.

### Names of Cuts, Price and Use.

Here is a list of cuts of beef with current prices (quoted from several Portland markets) and suggestions for the use of each cut:

Name of cut, uses and price:	Per pound.
Filet Mignon	1.00
Prime Rib	.80
Roast Beef	.70
Brisket	.60
Tripe	.50
Neck	.40
Plate	.30
Flank	.20
Shoulder	.15
Head	.10
Feet	.05
Skirt	.05

### Softening Tough Meats.

There is really no reason for the cry for "a new animal" that one hears from many inexperienced housekeepers. By the use of the variety afforded by different methods of cooking, there is practically no limit to the different effects that can be produced by the judicious use of vegetable and seasoning, by changing the form of the meat and the manner of serving, and by the use of various sauces.

The use of wine in the cooking of meat is objected to by many, either on principle or for economic reasons. Temperance women (like myself) may perhaps satisfy their consciences in reflecting that all the alcohol present is usually driven off by the heat, only the flavoring matter and slight acid remaining. The benefit of a little acid in softening the connective tissue of meat is appreciated by most cooks. A slice of sour apple, a little lemon juice, a few green gooseberries or a small piece of rhubarb can often be used to good advantage in stewing or braising in place of the wine that some recipes call for.

Tough steaks can be softened to a certain extent by treatment with vinegar and soaked off for a few hours before cooking. The vinegar softens the tissue and the oil protects the meat from the air. Braising or pounding steak is not to be recommended. It simply gives more chances for the loss of the juices and the resulting leatherness of the meat. It is often a good plan, where a particularly

### Choosing and Using Meats, by Miss Lilian E. Tingle, Director Portland School of Domestic Science.

good steak is wanted, to select the meat in advance and get the butcher to hang it (at just the proper temperature) until it is tender and in perfect condition for broiling.

With very tough meat there is always a convenient last resort in the mincing machine. Good hamburger, especially when home-made, is more inviting and more digestible than a plain fried steak that depends both knife and teeth, and there are so many good dishes (Scottish collops, curry, cannelloni, pies and patties, timbales, etc.) that can be made with fresh minced meat. For dealing with steaks it is well to remember that a sharp steel knife is a very important factor. A man naturally argues that what is cut with difficulty will be chewed with difficulty, and he will grumble accordingly.

Housekeepers who are beginning their career by buying for two, have their own peculiar trials. They should know that rib-steak is good for a small family (enough for two costs 15 cents); that top round steak is often tender and inexpensive; small top sirloin is also a good cut to ask for. In some restaurants "small steaks" are cut from the shoulder piece—a very useful and inexpensive cut.

### Enough Lamb Chops for Two can be obtained for 10 cents.

Enough lamb chops for two can be obtained for 10 cents, if you buy from the shoulder, while a corresponding quantity from loin or rib would cost 15 cents, and French chops would be 20 to 25 cents. A crown roast (unseasoned) French chops of lamb, mutton or pork, but into a circle, makes a handsome dish and gives a chance for a tasteful arrangement of vegetables. The "finger" is sometimes cut away and sometimes simply rolled back. If cut away, it can be advantageously used in other dishes.

Cold meats in jelly (usually boiled), are not hard to prepare and are usually both popular and economical. I have not mentioned the use of the heads of veal, mutton and pork, but many dishes, both savory and palatable, can be prepared from these at a very low price. They were much appreciated by our forefathers, judging from an old cookbook (dated 1783), which is one of my treasures and which gives numerous and careful instructions as to "How to Pot a Cow's Head," "To Turtle a Calf's Head," "To Make Brain Chalks," etc. I have found these dishes well worth the consideration of a modern housewife.

### And many other painful and serious ailments from which most mothers suffer, can be avoided by the use of "Mother's Friend."

This great remedy is a God-send to women, carrying them through their most critical ordeal with safety and no pain. No woman who uses "Mother's Friend" need fear the suffering and danger incident to birth; for it robs the ordeal of its horror and insures safety to life of mother and child, and leaves her in a condition more favorable to speedy recovery. The child is also healthy, strong and good natured. Our book "Mother's Friend" is worth its weight in gold to every woman, and will be sent free in plain envelope by addressing application to Bradfield Regulator Co., Atlanta, Ga.

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### The Gods Are Buncoed.

The kitchen god of the Chinese household is supposed to ascend to heaven once each year in order to make a report on the conduct of the family. The lips of this god are smeared with honey to bribe it not to tell the bad things it has observed. Another common attempt to fool the gods is to call a boy by a girl's name so as to divert the evil spirits who work harm to young males. Still another cheat that is worked upon the gods is the make-believe offering of a man's head. In order to convey the idea that some devoted subject has allowed his head to be cut off as a sacrifice, a man crawls under a table and puts his head through a round hole made for that purpose. The old Chinese is a heavy sinner if they are taken in by all the hocus-pocus that is practiced on them.

It is strange that the Chinese with all their shrewdness cling to so many absurd customs and outlandish beliefs. They won't have pockets in their clothes, and will not forsake their pith or paper-soled shoes. A rainstorm will disperse an army because the fighters do not want to spoil their shoes. The modern drill-master has trouble with his recruits when he refuses to allow them to use fans on dress parade, or prohibits sentinels from carrying lanterns while on duty at night. When the Pekin Gazette announces that the Emperor has put on his Winter hat, every man in China follows suit, no matter how hot the weather may be. On that day every chair cushion in the Empire is changed so as to expose its "winter side." The delusion that a mythical dragon is about to swallow the sun has been kept up for thousands of years, this dreadful catastrophe being prevented only by a ceaseless toning of temple gongs and drums from one year's end to another.

Add to ignorance, superstition, dishonesty, lack of public spirit, inordinate greed, and prejudice against reform, the dreadful evils of gambling and opium smoking and disrespect for women, and we have the principal reasons why China lags behind as the rest of the world moves onward. The old Chinese is a heavy sinner with the rank atmosphere of the dark ages. The wisest students of its history claim that it is so steeped in its vices that it lacks the power to accomplish any real reformation. It is like a drunkard with appetite beyond control, or a person ill unto helplessness. Now that the light of peace and progress is clearing the darkness of Asia, it remains to be seen whether China, the old granny of the family of nations, can learn new tricks and stay in the game, or whether she will be content to cower and at last succumb to the ravages of time.

### FREDERIC J. HARKIN.