

The Plaindealer.

Vol. XXIX.

ROSEBURG OREGON, THURSDAY, DECEMBER 15, 1898.

No. 79.

Society Meetings.

B. F. O. ELKS, ROSEBURG LODGE, NO. 28. Hold their regular communications at the B. F. O. hall on second and fourth Thursday of each month. All members requested to attend regularly, and all visiting brothers cordially invited to attend.
 CHAS. L. HADLEY, R. R. F. R. H. RIDDLE, Secretary.

DOUGLAS COUNCIL, NO. 21 J. O. U. A. M. Meets every Wednesday evening at 8 o'clock in the Odd Fellows Hall. Visiting brothers are cordially invited to attend.
 G. B. GARRON, Councilor.
 GEO. W. FRARY, Recording Secretary.

LAUREL LODGE, A. F. & A. M., REGULAR meetings the 29 and 4th Wednesdays in each month.
 FREE JOHNSON, W. M.
 N. T. JEWETT, Secy.

PHILETIAN LODGE, NO. 8, I. O. O. F. Meets every Wednesday evening at 8 o'clock in their hall in Odd Fellows Temple at Roseburg. Members in order in good standing are invited to attend.
 J. W. STRANDE, S. G.
 N. T. JEWETT, Secy.

ROSEBURG LODGE, NO. 16, A. O. U. W. Meets the first and third Thursdays of each month at 7:30 p. m. at Odd Fellows hall. Members of the order in good standing are invited to attend.

RENO POST, NO. 29, G. A. R. MEETS THE first and third Thursdays of each month, at 8 p. m.

WOMEN'S RELIEF SOCIETY, NO. 18, MEETS first and third Fridays in each month.

ROSEBURG CHAPTER, NO. 8, O. E. S., MEETS the first and third Thursdays of each month.
 MOLLY SHANBROOK, W. M.
 REGINA BAST, Secy.

ROSEBURG DIVISION NO. 46, B. OF L. E. Meets every second and fourth Sunday.

ALPHA LODGE, NO. 6, K. O. F., MEETS every Wednesday evening at Odd Fellows Hall. Visiting brothers in good standing cordially invited to attend.

Professional Cards.

GEORGE N. BROWN, FRED. TAGEFURD

BROWN & TUSTIN,
 Attorneys-at-Law,
 Rooms 7 and 8
 Wilson Block, ROSEBURG, OR.

W. R. WILLIS,
 Attorney and Counselor at Law,
 Will practice in all the courts of the State. Of-
 fice in Markers Building, Douglas county, Or.

S. M. HAMBLY,
 DENTIST,
 Review Building,
 Telephone No. 4, ROSEBURG, OREGON.

J. R. B. RIDDLE,
 Attorney at Law,
 Rooms 8,
 Taylor & Wilson Bldg., ROSEBURG, OREGON.

F. W. BENSON,
 Attorney-at-Law,
 Rooms 1 and 2
 Review Building, ROSEBURG, OREGON.

A. M. CRAWFORD,
 Attorney at Law,
 Rooms 1 & 2, Markers Bldg., ROSEBURG, OR.
 Office before the U. S. Land Office and
 acting cases a specialty.
 Late Receiver U. S. Land Office.

Northern Pacific Railroad Company.
 Are selling tickets to all points East at
 half the regular rates.
 D. S. K. BURK,
 Local Agent No. 2, Markers building.

MYRA BROWN, M. D.
 OFFICE, 500 Jackson Street, at cor-
 ners of Mrs. J. Birzer,
 ROSEBURG, OR.

K. L. MILLER, M. D.,
 Surgeon and Homoeopathic
 Physician,
 Roseburg, Oregon.
 Chronic Diseases a specialty.

STRICTLY FIRST-CLASS.

HOTEL
McCLALLEN.
 MRB. D. C. McCLALLEN, Prop.

HEADQUARTERS FOR TRAVELING MEN.
RATES REASONABLE.

Large, Fine Sample Rooms.
 Free Bus to and from Trains. ROSEBURG.

Crockery and Glassware!
 Largest and Finest Assortment
 ever brought to Roseburg.
 Also a complete line of choice

GROCERIES
 TOBACCO AND CIGARS
 All kinds of Country Produce
MRS. N. BOYD

Balm of Figs.
 Any one wishing to purchase "Balm of
 Figs" can do so by calling on or ad-
 dressing
 Mrs. Annie Burley,
 602 Chad St., Roseburg, Or.

New Store! New Goods!

Ziglers' Grocery

A FULL STOCK OF

**Staple and Fancy
 GROCERIES**

Country Produce Bought and Sold

TAYLOR & WILSON BLOCK

Low Prices! Free Delivery

Fall and Winter Goods

**Just Received
 and More Coming**

Call and Examine our Mammoth stock.

WOLLENBERG BROS.

**SOMETHING NEW!
 NEW STORE! NEW GOODS!
 EVERYTHING NEW!**

The People's Store

I. ABRAHAM, Prop'r.

A complete line of

**Dry Goods, Clothing, Boots & Shoes,
 Furnishing Goods, Hats, Caps, Capes, Jackets,
 and a fine line of Millinery Goods.**

Everything New, purchased for Cash direct from Eastern
 manufacturers, especially for the Fall Trade.
 Call and examine Goods and Prices.

Health is Wealth!

THEN USE

Pure Fresh Drugs

SOLD BY

A. C. MARSTERS & CO.

Prescriptions
 Filled Accurately
 And With Dispatch.

**A Full Line of Patent Medicines and
 Toilet Preparations**

Special Sale

Great Reduction Furniture
 in Prices of

\$75	Bed Room Suit for	\$35
45	" " " "	27.50
40	" " " "	25

A Fine Line of Chairs, formerly \$1.50, now \$1.00.

Now is the time to get Big Values.

Call, examine and be convinced.

ALEXANDER & STRONG.

FILES HER PROTEST

**Spain Accepts the Consequences
 Ill-Naturedly.**

A MEMORANDUM OF OBJECTIONS

**Treaty Provides That America Pay
 All Expenses of Repatriation—
 Spain to Retain All Arms.**

MADRID, Dec. 11.—The government entirely approves the memorandum of protest against the action of the United States commissioners, filed by Senor Montero Rios, at Paris.
 The memorandum protests against the refusal of the Americans to surrender the securities deposited in the treasuries of Cuba and Porto Rico by private Spaniards, remarking that "never has a civilized nation committed such an act of violence."
 Secondly, it protests against the ultimatum demanding the Philippines.
 Thirdly, it protests against the position in which those Spaniards are placed who desire to remain in Cuba.
 Fourthly, it protests against the reference to the destruction of the Maine in President McKinley's message to congress. On this point the memorandum says:

"Spain has proposed arbitration, but the United States has refused to give her the right which is granted to a criminal; namely, the right of defending herself. The Spanish commissioners leave the care of fixing the responsibility for the explosion to the entire world, which will say whether those are responsible who desire the truth, or those refusing to seek it."
 The newspapers generally express relief at the signing of the treaty. The independent organs, most of the provincial papers and the Carlist and republican journals attack both political parties, conservative and liberal, reproaching them equally with having brought the country to the present pass.
 El Imparcial alone publishes the contents of the treaty, which produces a less unfavorable impression than had been expected, owing to the commercial and other concessions to Spain.
 El Liberal says: The Paris negotiations offer a far sadder spectacle than the ships which are bringing back our repatriated soldiers, deplorable as the condition of the latter is."
 The cabinet, it is said, will meet the cortes intact. Senor Sagasta will ask an indemnity bill for the cession of the Philippines. The cabinet will then declare, as it finds itself at a crisis, that it cannot admit any debate, and will, therefore, demand the immediate adoption of the bill, after which Senor Sagasta will submit the question of confidence to the queen regent.
 El Herald says the government believes that in the present circumstances the holders of the Philippine debt will accept the arrangement arrived at, and considers the Cuban bondholders should demand a fulfillment of the contract by claiming a mortgage on the customs, which guarantee the debt.

General Garcia Dead.
 WASHINGTON, Dec. 12.—General Calixto Garcia, the distinguished Cuban warrior and leader, and the head of the commission elected by the Cuban assembly to visit this country, died here yesterday morning shortly after 10 o'clock, at the Hotel Raleigh, where the commission has its headquarters.

THOMASVILLE, Ga., Dec. 12.—In the midst of laughter and flowers (the wife and two daughters of General Garcia, Misses Mercedes and Marcia, received the tidings of their father's death. The blow was terrible in its suddenness and has prostrated the entire family.
 The train train brought the Garcias from Way Cross under the escort of Mayor Stern, and they were installed in the handsomest suite in the Masury hotel. A telegram Sunday morning came from Captain Julio Garcia, in Washington, informing his mother that the condition of the general was much improved, and the family went to the dining-room with light hearts. Their table was gaily decorated with flowers in honor of the occasion, and all three ladies were paid courtesies usually accorded to people of distinction.
 In the midst of this happy scene came the shocking news from Washington. The plans of Mrs. Garcia have not been yet ascertained. She may go to Washington or proceed to Tampa to await the arrival of the body of the general should it be decided to bury it in Cuba.

WASHINGTON, Dec. 12.—The Dolphin will be designated by the navy as the vessel to carry the remains of Garcia to Cuba. She is now lying at the Washington navy yard.

WASHINGTON, Dec. 12.—The funeral of Garcia will be held tomorrow morning at St. Patrick's church, this city. The body will be placed in a metallic casket

and deposited in a vault at Arlington, pending removal to Cuba.

SUGAR GOOD FOR ATHLETES.
 Scientists Have Lately Changed Their Opinions About It.

For years it has been supposed that much sugar was injurious to the system, that it harmed the teeth and ruined the digestion when eaten in large quantities. Now scientists go to the other extreme and land it as a food. It is not sugar, we are told, but fruit acids mingled with it, that hurts the teeth. Negroes in sugar districts who chew sweet cane constantly, have magnificent teeth.
 Sugar, as a great feeder of muscular power, is recommended by German authorities for the use of athletes in training and by soldiers an emergency food.
 A Dutch army surgeon asserts that during an expedition in Sumatra he found that the best means to maintain the soldiers in vigor during the march and fight was a generous allowance of sugar. Each man was served with a handful at a time.
 Swiss chaebol hunters bear similar evidence to its powers of sustenance and of recuperation after fatigue.
 A German writer gives an account of successful experiments made with sugar as food for athletes by Dutch rowing clubs, by pedestrians, by cyclists and others whose bodily powers need "a rapid, portable and innocent stimulant."
 Sugar is coming more and more into use in Holland in the course of "training" for contests.
 The poor hardly realize as yet, or only realize unconsciously, what a treasure they possess in cheap sugar. Its value in fever has been emphasized by Hapelard and others.
 Dr. Fothergill, the eminent English hospital surgeon, said years ago that pure molasses taffy, composed as it is of molasses and butter, was an ideal food for children with a consumption tendency.
 Its only disadvantage—and this disadvantage is one which will powerfully repel the stout woman—is that it leads to the rapid accumulation of flesh. Granted that her physical condition is good, a slender woman can gain 10 pounds in a few months by eating large quantities of pure sugar. It should be carefully avoided, however, by the woman whose lumbered is the awful fear of growing too stout.—N. Y. Journal.

Truth About Nicotine.
 "I don't like to upset a cherished tradition," said an old doctor, who is himself a devotee of the weed, "but the talk one hears of nicotine saturating the systems of smokers is mostly rot. Nicotine is a deadly poison, and one drop of it will make a good-sized man stiff turn up his toes, if injected subcutaneously, and it would take precious little of it to kill a man. The truth is that very little is absorbed, even by the most confirmed smokers. Now and then you read of men who die from excessive tobacco using and are found on autopsy to be literally reeking with nicotine. All rubbish. Nothing of the kind ever happened. Again, it's a favorite experiment to blow smoke through a handkerchief, and the stain that is produced is popularly supposed to be made by nicotine. It is really oil of tobacco, which is a horse of quite a different color. No, the chief harm which is done by smoking is the stimulus it gives to the heart. This is particularly true of cigarette smoking, where 'inhaling' is nearly always practiced. Each time the smoke is inhaled it acts as a slight spur to the heart, and, needless to say, there is sure to be a reaction. If the smoker is in good general health he will probably never feel it, but if he isn't there will be periods of depression and, not knowing the cause, he is apt to try to brace up on a drink, which makes matters just that much worse. If he has organic heart trouble—a valvular weakness, I mean—it's quite possible that he will tumble over some day and put his angel plume on. Those are the cold facts about smoking. None other are genuine."—Times-Democrat.

Changed His Theory.
 The American Indian, since he has had civilization rubbed against him, has insisted that the white man, while having some redeeming features, has always been "fire-folish"—that is, that when he made a fire to keep warm by, especially when camping out, he made such a big fire that he could not get near it, and left little fuel for future generations. While the Indian showed better sense by making a small fire—"fire keep Indian warm, Indian keep fire warm."
 In his vibrations among the tribes of the upper country, Frank Forbush imbibed all this useful information, and since he has settled down to the stern realities of life in Portland and accumulated one wife and two offspring, he has, sad to say, also imbibed the habit of coming home late at night, after the rest of the family are asleep.
 He has been finding fault with his good wife for leaving too hot a fire in the sitting room stove to warm his feet by, and eternally nagging at her about the good sense of a small fire on the Indian plan.
 When the patient woman had put herself and the other children to bed the

FILES HER PROTEST

**Spain Accepts the Consequences
 Ill-Naturedly.**

A MEMORANDUM OF OBJECTIONS

**Treaty Provides That America Pay
 All Expenses of Repatriation—
 Spain to Retain All Arms.**

MADRID, Dec. 11.—The government entirely approves the memorandum of protest against the action of the United States commissioners, filed by Senor Montero Rios, at Paris.
 The memorandum protests against the refusal of the Americans to surrender the securities deposited in the treasuries of Cuba and Porto Rico by private Spaniards, remarking that "never has a civilized nation committed such an act of violence."
 Secondly, it protests against the ultimatum demanding the Philippines.
 Thirdly, it protests against the position in which those Spaniards are placed who desire to remain in Cuba.
 Fourthly, it protests against the reference to the destruction of the Maine in President McKinley's message to congress. On this point the memorandum says:

"Spain has proposed arbitration, but the United States has refused to give her the right which is granted to a criminal; namely, the right of defending herself. The Spanish commissioners leave the care of fixing the responsibility for the explosion to the entire world, which will say whether those are responsible who desire the truth, or those refusing to seek it."
 The newspapers generally express relief at the signing of the treaty. The independent organs, most of the provincial papers and the Carlist and republican journals attack both political parties, conservative and liberal, reproaching them equally with having brought the country to the present pass.
 El Imparcial alone publishes the contents of the treaty, which produces a less unfavorable impression than had been expected, owing to the commercial and other concessions to Spain.
 El Liberal says: The Paris negotiations offer a far sadder spectacle than the ships which are bringing back our repatriated soldiers, deplorable as the condition of the latter is."
 The cabinet, it is said, will meet the cortes intact. Senor Sagasta will ask an indemnity bill for the cession of the Philippines. The cabinet will then declare, as it finds itself at a crisis, that it cannot admit any debate, and will, therefore, demand the immediate adoption of the bill, after which Senor Sagasta will submit the question of confidence to the queen regent.
 El Herald says the government believes that in the present circumstances the holders of the Philippine debt will accept the arrangement arrived at, and considers the Cuban bondholders should demand a fulfillment of the contract by claiming a mortgage on the customs, which guarantee the debt.

General Garcia Dead.
 WASHINGTON, Dec. 12.—General Calixto Garcia, the distinguished Cuban warrior and leader, and the head of the commission elected by the Cuban assembly to visit this country, died here yesterday morning shortly after 10 o'clock, at the Hotel Raleigh, where the commission has its headquarters.

THOMASVILLE, Ga., Dec. 12.—In the midst of laughter and flowers (the wife and two daughters of General Garcia, Misses Mercedes and Marcia, received the tidings of their father's death. The blow was terrible in its suddenness and has prostrated the entire family.
 The train train brought the Garcias from Way Cross under the escort of Mayor Stern, and they were installed in the handsomest suite in the Masury hotel. A telegram Sunday morning came from Captain Julio Garcia, in Washington, informing his mother that the condition of the general was much improved, and the family went to the dining-room with light hearts. Their table was gaily decorated with flowers in honor of the occasion, and all three ladies were paid courtesies usually accorded to people of distinction.
 In the midst of this happy scene came the shocking news from Washington. The plans of Mrs. Garcia have not been yet ascertained. She may go to Washington or proceed to Tampa to await the arrival of the body of the general should it be decided to bury it in Cuba.

WASHINGTON, Dec. 12.—The Dolphin will be designated by the navy as the vessel to carry the remains of Garcia to Cuba. She is now lying at the Washington navy yard.

WASHINGTON, Dec. 12.—The funeral of Garcia will be held tomorrow morning at St. Patrick's church, this city. The body will be placed in a metallic casket

and deposited in a vault at Arlington, pending removal to Cuba.

SUGAR GOOD FOR ATHLETES.
 Scientists Have Lately Changed Their Opinions About It.

For years it has been supposed that much sugar was injurious to the system, that it harmed the teeth and ruined the digestion when eaten in large quantities. Now scientists go to the other extreme and land it as a food. It is not sugar, we are told, but fruit acids mingled with it, that hurts the teeth. Negroes in sugar districts who chew sweet cane constantly, have magnificent teeth.
 Sugar, as a great feeder of muscular power, is recommended by German authorities for the use of athletes in training and by soldiers an emergency food.
 A Dutch army surgeon asserts that during an expedition in Sumatra he found that the best means to maintain the soldiers in vigor during the march and fight was a generous allowance of sugar. Each man was served with a handful at a time.
 Swiss chaebol hunters bear similar evidence to its powers of sustenance and of recuperation after fatigue.
 A German writer gives an account of successful experiments made with sugar as food for athletes by Dutch rowing clubs, by pedestrians, by cyclists and others whose bodily powers need "a rapid, portable and innocent stimulant."
 Sugar is coming more and more into use in Holland in the course of "training" for contests.
 The poor hardly realize as yet, or only realize unconsciously, what a treasure they possess in cheap sugar. Its value in fever has been emphasized by Hapelard and others.
 Dr. Fothergill, the eminent English hospital surgeon, said years ago that pure molasses taffy, composed as it is of molasses and butter, was an ideal food for children with a consumption tendency.
 Its only disadvantage—and this disadvantage is one which will powerfully repel the stout woman—is that it leads to the rapid accumulation of flesh. Granted that her physical condition is good, a slender woman can gain 10 pounds in a few months by eating large quantities of pure sugar. It should be carefully avoided, however, by the woman whose lumbered is the awful fear of growing too stout.—N. Y. Journal.

Truth About Nicotine.
 "I don't like to upset a cherished tradition," said an old doctor, who is himself a devotee of the weed, "but the talk one hears of nicotine saturating the systems of smokers is mostly rot. Nicotine is a deadly poison, and one drop of it will make a good-sized man stiff turn up his toes, if injected subcutaneously, and it would take precious little of it to kill a man. The truth is that very little is absorbed, even by the most confirmed smokers. Now and then you read of men who die from excessive tobacco using and are found on autopsy to be literally reeking with nicotine. All rubbish. Nothing of the kind ever happened. Again, it's a favorite experiment to blow smoke through a handkerchief, and the stain that is produced is popularly supposed to be made by nicotine. It is really oil of tobacco, which is a horse of quite a different color. No, the chief harm which is done by smoking is the stimulus it gives to the heart. This is particularly true of cigarette smoking, where 'inhaling' is nearly always practiced. Each time the smoke is inhaled it acts as a slight spur to the heart, and, needless to say, there is sure to be a reaction. If the smoker is in good general health he will probably never feel it, but if he isn't there will be periods of depression and, not knowing the cause, he is apt to try to brace up on a drink, which makes matters just that much worse. If he has organic heart trouble—a valvular weakness, I mean—it's quite possible that he will tumble over some day and put his angel plume on. Those are the cold facts about smoking. None other are genuine."—Times-Democrat.

Changed His Theory.
 The American Indian, since he has had civilization rubbed against him, has insisted that the white man, while having some redeeming features, has always been "fire-folish"—that is, that when he made a fire to keep warm by, especially when camping out, he made such a big fire that he could not get near it, and left little fuel for future generations. While the Indian showed better sense by making a small fire—"fire keep Indian warm, Indian keep fire warm."
 In his vibrations among the tribes of the upper country, Frank Forbush imbibed all this useful information, and since he has settled down to the stern realities of life in Portland and accumulated one wife and two offspring, he has, sad to say, also imbibed the habit of coming home late at night, after the rest of the family are asleep.
 He has been finding fault with his good wife for leaving too hot a fire in the sitting room stove to warm his feet by, and eternally nagging at her about the good sense of a small fire on the Indian plan.
 When the patient woman had put herself and the other children to bed the

FILES HER PROTEST

**Spain Accepts the Consequences
 Ill-Naturedly.**

A MEMORANDUM OF OBJECTIONS

**Treaty Provides That America Pay
 All Expenses of Repatriation—
 Spain to Retain All Arms.**

MADRID, Dec. 11.—The government entirely approves the memorandum of protest against the action of the United States commissioners, filed by Senor Montero Rios, at Paris.
 The memorandum protests against the refusal of the Americans to surrender the securities deposited in the treasuries of Cuba and Porto Rico by private Spaniards, remarking that "never has a civilized nation committed such an act of violence."
 Secondly, it protests against the ultimatum demanding the Philippines.
 Thirdly, it protests against the position in which those Spaniards are placed who desire to remain in Cuba.
 Fourthly, it protests against the reference to the destruction of the Maine in President McKinley's message to congress. On this point the memorandum says:

"Spain has proposed arbitration, but the United States has refused to give her the right which is granted to a criminal; namely, the right of defending herself. The Spanish commissioners leave the care of fixing the responsibility for the explosion to the entire world, which will say whether those are responsible who desire the truth, or those refusing to seek it."
 The newspapers generally express relief at the signing of the treaty. The independent organs, most of the provincial papers and the Carlist and republican journals attack both political parties, conservative and liberal, reproaching them equally with having brought the country to the present pass.
 El Imparcial alone publishes the contents of the treaty, which produces a less unfavorable impression than had been expected, owing to the commercial and other concessions to Spain.
 El Liberal says: The Paris negotiations offer a far sadder spectacle than the ships which are bringing back our repatriated soldiers, deplorable as the condition of the latter is."
 The cabinet, it is said, will meet the cortes intact. Senor Sagasta will ask an indemnity bill for the cession of the Philippines. The cabinet will then declare, as it finds itself at a crisis, that it cannot admit any debate, and will, therefore, demand the immediate adoption of the bill, after which Senor Sagasta will submit the question of confidence to the queen regent.
 El Herald says the government believes that in the present circumstances the holders of the Philippine debt will accept the arrangement arrived at, and considers the Cuban bondholders should demand a fulfillment of the contract by claiming a mortgage on the customs, which guarantee the debt.

General Garcia Dead.
 WASHINGTON, Dec. 12.—General Calixto Garcia, the distinguished Cuban warrior and leader, and the head of the commission elected by the Cuban assembly to visit this country, died here yesterday morning shortly after 10 o'clock, at the Hotel Raleigh, where the commission has its headquarters.

THOMASVILLE, Ga., Dec. 12.—In the midst of laughter and flowers (the wife and two daughters of General Garcia, Misses Mercedes and Marcia, received the tidings of their father's death. The blow was terrible in its suddenness and has prostrated the entire family.
 The train train brought the Garcias from Way Cross under the escort of Mayor Stern, and they were installed in the handsomest suite in the Masury hotel. A telegram Sunday morning came from Captain Julio Garcia, in Washington, informing his mother that the condition of the general was much improved, and the family went to the dining-room with light hearts. Their table was gaily decorated with flowers in honor of the occasion, and all three ladies were paid courtesies usually accorded to people of distinction.
 In the midst of this happy scene came the shocking news from Washington. The plans of Mrs. Garcia have not been yet ascertained. She may go to Washington or proceed to Tampa to await the arrival of the body of the general should it be decided to bury it in Cuba.

WASHINGTON, Dec. 12.—The Dolphin will be designated by the navy as the vessel to carry the remains of Garcia to Cuba. She is now lying at the Washington navy yard.

WASHINGTON, Dec. 12.—The funeral of Garcia will be held tomorrow morning at St. Patrick's church, this city. The body will be placed in a metallic casket

and deposited in a vault at Arlington, pending removal to Cuba.

SUGAR GOOD FOR ATHLETES.
 Scientists Have Lately Changed Their Opinions About It.

For years it has been supposed that much sugar was injurious to the system, that it harmed the teeth and ruined the digestion when eaten in large quantities. Now scientists go to the other extreme and land it as a food. It is not sugar, we are told, but fruit acids mingled with it, that hurts the teeth. Negroes in sugar districts who chew sweet cane constantly, have magnificent teeth.
 Sugar, as a great feeder of muscular power, is recommended by German authorities for the use of athletes in training and by soldiers an emergency food.
 A Dutch army surgeon asserts that during an expedition in Sumatra he found that the best means to maintain the soldiers in vigor during the march and fight was a generous allowance of sugar. Each man was served with a handful at a time.
 Swiss chaebol hunters bear similar evidence to its powers of sustenance and of recuperation after fatigue.
 A German writer gives an account of successful experiments made with sugar as food for athletes by Dutch rowing clubs, by pedestrians, by cyclists and others whose bodily powers need "a rapid, portable and innocent stimulant."
 Sugar is coming more and more into use in Holland in the course of "training" for contests.
 The poor hardly realize as yet, or only realize unconsciously, what a treasure they possess in cheap sugar. Its value in fever has been emphasized by Hapelard and others.
 Dr. Fothergill, the eminent English hospital surgeon, said years ago that pure molasses taffy, composed as it is of molasses and butter, was an ideal food for children with a consumption tendency.
 Its only disadvantage—and this disadvantage is one which will powerfully repel the stout woman—is that it leads to the rapid accumulation of flesh. Granted that her physical condition is good, a slender woman can gain 10 pounds in a few months by eating large quantities of pure sugar. It should be carefully avoided, however, by the woman whose lumbered is the awful fear of growing too stout.—N. Y. Journal.

Truth About Nicotine.
 "I don't like to upset a cherished tradition," said an old doctor, who is himself a devotee of the weed, "but the talk one hears of nicotine saturating the systems of smokers is mostly rot. Nicotine is a deadly poison, and one drop of it will make a good-sized man stiff turn up his toes, if injected subcutaneously, and it would take precious little of it to kill a man. The truth is that very little is absorbed, even by the most confirmed smokers. Now and then you read of men who die from excessive tobacco using and are found on autopsy to be literally reeking with nicotine. All rubbish. Nothing of the kind ever happened. Again, it's a favorite experiment to blow smoke through a handkerchief, and the stain that is produced is popularly supposed to be made by nicotine. It is really oil of tobacco, which is a horse of quite a different color. No, the chief harm which is done by smoking is the stimulus it gives to the heart. This is particularly true of cigarette smoking, where 'inhaling' is nearly always practiced. Each time the smoke is inhaled it acts as a slight spur to the heart, and, needless to say, there is sure to be a reaction. If the smoker is in good general health he will probably never feel it, but if he isn't there will be periods of depression and, not knowing the cause, he is apt to try to brace up on a drink, which makes matters just that much worse. If he has organic heart trouble—a valvular weakness, I mean—it's quite possible that he will tumble over some day and put his angel plume on. Those are the cold facts about smoking. None other are genuine."—Times-Democrat.

Changed His Theory.
 The American Indian, since he has had civilization rubbed against him, has insisted that the white man, while having some redeeming features, has always been "fire-folish"—that is, that when he made a fire to keep warm by, especially when camping out, he made such a big fire that he could not get near it, and left little fuel for future generations. While the Indian showed better sense by making a small fire—"fire keep Indian warm, Indian keep fire warm."
 In his vibrations among the tribes of the upper country, Frank Forbush imbibed all this useful information, and since he has settled down to the stern realities of life in Portland and accumulated one wife and two offspring, he has, sad to say, also imbibed the habit of coming home late at night, after the rest of the family are asleep.
 He has been finding fault with his good wife for leaving too hot a fire in the sitting room stove to warm his feet by, and eternally nagging at her about the good sense of a small fire on the Indian plan.
 When the patient woman had put herself and the other children to bed the

A Boston Girl's Confusion.

A Boston girl, who recently witnessed an Indian sham battle in the West, thought she would try to talk to a young Indian brave sitting next to her, "Heep much fight," she said.

Lo smiled a stoical smile, drew his blanket closer about his stalwart form, and replied:
 "Yes; this is indeed a great exposition, and we flatter ourselves that our portion of the entertainment is by no means the least attraction here. May I ask who it is that I have the honor of addressing?"

The dear girl from Boston was thunderstruck. She blushed a rosy red—even Boston girls can blush when they talk out—and lastly fled.

She had been addressing one of the Carlisle Indian school graduates.—Omaha World-Herald.

Odds and Ends.

Some girls seem to think, says the woman hater, that when they