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#### THE PEACE PROPOSAL.

Along with the estimate of the Japanese loss before Port Arthur-said to have been 50,000 men slaughtered-comes the announcement through official channels, the Cologne Gazette, that Germany will not join with the United States in furthering the proposal for peace in the far east. The Gazette makes it plain that Germany does not wish to interfere with Russia's plans, adding that any step toward intervention would be considered unfriendly by the czar.

In marked contrast with this declaration on the part of Germany is the determination of President D. Rockefeller, Jr., says that he never spends more Roosevelt to invite the powers to name delegates to than thirty cents for lunch. But that, perhaps, is a second peace conference at The Hague. Consideration of the warlike feelings of the czar has not deterred Mr. Roosevelt. He realizes the need for some put a stop to the ruthless slaughter of thousands of now three and now two. men, and has characteristically taken the initiative.

Germany is of military government, with which, usually, humanitarianism is a second consideration. With such governments, it is a matter of slight concern that tens of thousands of men fall in battle if the military aims of the administration are achieved. Perhaps it was too much to expect of Gerwill not count upon support which will not be forth coming.

To the intelligent element of the world war apother's throat-why should tens of thousands of lives be sacrificed—when the issues involved could as well be settled by an international court? The affairs of nations ought to be conducted just as the affairs of individuals are conducted. Individuals who disagree depend upon the civil courts for adjustment; occasionally one kills the other, but he is promptly hanged for the greatest of crimes. I there any reason why nations should not settle their differences in similar manner? An arbitration court composed of representatives of all the nations of the world and endowed with the necessary power, ought to decide all disputes between nations, just as civil courts adjudicate contentions between individuals.

War is barbarous. It demands the lives of innocent men and leaves desolation in its wake. Almost as bud, it requires the expenditure of enormous sums: that could be used to wonderfully advance the interests of the belligerents. A Japanese statesman has estimated that the present conflict will entail the expenditure of two billions of dollars. This sum, properly expended, would make Japan a ver-Rable paradise, enable her to increase her commeraisl interests and provide educational facilities with which none other in the world could compare. The sum that Russia will devote to prosecution of the war would work even greater wonders for the ezar's country. But instead of expenditure along these lines, the two nations are placing the funds in the hands of their troops to assist them in the wholesale destruction of human life.

War is absurd-just as absurd as deadly condiet between contentious individuals would be. It has no just place in our civilization and should be eracheated. Those who stand in the way of this attaimment may be put down as barbarians.

## THREE SQUARE MEALS A DAY.

Firm in the gospel of three square meals a day, the sensible man has looked with calm upon faddists of diet, satirically disdainful of the farmer who set aut to prove on his horse that no food was neces mry (and would have done so "if the durned critter hadn't up an' died''), and scornful of the inwaher who has to be stuffed like a prize porker by Dr. Weir Mitchell's rest cure. But now the citadel of his belief is threatened. "No lunch!" says Professer Rahagliati in his great work on The Predisposing Causes of Disease, and comes precious near

proving that most of us suffer from overfeeding. J. M. Barrie had some such idea when he wrote his fantastic satirical comedy, "Little Mary," the title part and central figure of which is the overfed take a rest, the country will get one without a physi-Birtish stomach. The idle English aristocracy have cian's prescription. five means a day-the usual three plus afternoon tea and supper. King Edward used to take seven before the royal Little Mary revolted and "the state den. Might get a few spellbinders to make speeches of man suffered the nature of an insurrection"- there,

put down only by the surgeon's knife. But even Barrie and the surgeon did not assail the institution of three square meals.

Eating, like all things human, is largely a matter of habit, and old habit change before new conditions, says the Saturday Evening Post. The elaborate and heavy modern dinner is a very recent matter. Most of us remember the simpler midday dinner and 6 o'clock supper of a generation ago. In the middle ages breakfast was unknown. At o Oxford it was regarded as an invasion of luxury when students were allowed to get bread and beer at the college buttery to begin the day. Now the Oxonian makes breakfast a function, and invites his friends in to three or four courses. If breakfast and dinner have increased on us lunch must give @

Professor Rabagliati's main plea is for moderation. He has no rooted objection to three meals, if they are not too "square." In the modern business day, however, he finds no place for lunch. To think quickly and right requires that all the vital o forces shall be centered in the head. But no sooner have we given the digestive organs time to make @ way with one meal than we pile in another, leaving only the sad alternative of slowing down brain work or inviting indigestion. Two square meals, eight hours apart, are much more hygenic. At first the change may bring faintness-even headache-but so does the cessation of any bad habit. In point of fact, many business men long ago found out that to omit lunch doubles the day's work. One merchant attributes his success to the fact that when he was a clerk he kept a clear brain, and worked it, while his rivals in the office were stuffing themselves. John | not so much a matter of hygiene.

One caution is necessary-regularity. In all the vital organs the power of habit is strong. Most concerted action on the part of the powers that will people will find three regular meals better than

### WHO IS PROFESSOR WENDELL!

Professor Barrett Wendell, of Harvard, dipping nto municipal management and mismanagement from his lofty height remarks: "Our cities today are governed by the mob made up of all the lower many, but at all events it is gratifying that her po-iclasses. Abraham Lincoln certainly was of the mob sition has been thus clearly defined; the president but he outgrew his class." There will be distinct relief in the statement of Professor Wendell that the mob is made up of the lower classes, for there peals as the most cruel of all things. Naturally, the might have been belief in some quarters that the thought occurs to one, Why should men fly at each mob was made up of only the upper classes and wore broadcloth on its rampaging expeditions.

> But, apart from the municipal feature, was Lincoln one of the mob? Was he of the mob, a part of it at any time in his life, from the day on which he first saw the light until the day he became a railsplitter, and then a lawyer, and then president and, through it all, one of the noblest, purest, most gentle, most upright, conscientious and grandest of Americans? Abraham Lincoln one of the mob? There never lived a greater, nor a better, nor a truer friend to his fellowman than Abraham Lincoln, nor a more honest man. In all American history there is but one name surpassing his, and that is the name of Washington.

But who is Professor Barrett Wendell, anyway?

The two-headed eagle which is the emblem of Russia, has an ancient origin in symbolism, if not in natural history. It is traceable to primitive Babylonia, and is found on Hittite monuments of Cappadocia; it was adopted by Turkoman princes, and also brought to Europe by crusaders in the fourteenth century. Apparently the German emperors got it from crusaders and passed it on to Russia and

The Passing of Nicholas Clinton removes a Good citizen from the community. During his 40 years residence in Astoria Mr. Clinton had been upright and progressive, and for his honest career he will long be remembered.

The end of love is a tragedy, just like the end of life. Both are facts in nature and must be accepted in the same spirit. A person is no more to be blamed when his love dies than when his body dies.

There might be more interest in the oratorical end of the campaign if fewer of the campaign spellbinders were suffering from intellectual indigestion.

If the letters of acceptance do not take well with the people, it might be well to charge the New York Evening Post with having written them.

Curious, isn't it, that men have always been willing to accept female sovereigns and absolutely refused to accept female voters?

As Tom Watson's physician has ordered him to

Kuropatkin reports that he is not sure of Muk-

P.A. Stokes

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DELEGATES APPOINTED.

Will Represent Montana in Trans-Mississippi Congress.

Helena, Mont., Oct. 22.-Governor Toole has appointed the following delegates from Montana to attend the

trans-Mississippi congress, which is OCTOBER to meet at St. Louis October 25, and continue until the 29th:

> Herbert Strain, Great Falls; Alex Burrell, Marysville; A. T. Elliott Great Falls; William Tiread, Columdel, Chinook; Eugene Coleman, Glasgow; Cassimo Prudhomme, Billings. Seattle last year.

SELLS FOR TEN CENTS.

The October Number of the Sunset Magazine Now on Sale.

"Mimic War, in California" is strik ngly described in October Sunset Mag Articles by Gen. MacArthur and others. Beautiful colored drawings. Many industrial articles, sketches, stories, etc. 10 cents from all news-

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S. Le Quinn of Cavendish, Vt., was robbed of his customary health by inasion of chronic constipation. When Dr. King's New Life Pills broke into now he's entirely cured. They're guar-

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Gives Fine Pictures of California Life -Finely Illustrated.

Gen. MacArthur and other army officers describe the recent military mabia Falls; J. P. Murphy, Butte; Olaf neuvers in California, each article Skylsteadt, Havre; W. W. Vanmors- being profusely illustrated with halftones, and colored drawings by Edward Cucuel. Interesting articles on Mr. Strain is the vice-chairman of California and Oregon, How Olive Oil the trans-Mississippi Commercial con- is Made. How Almonds Are Grown, gress, appointed at the meeting at and fine descriptions of Plumas and Sutter, two great California counties, 224 pages of articles, western stories, sketches and verses. 10 cents a copy. You can buy Sunset Magazine at all

Saves Two From Death.

"Our little daughter had an almos fatal attack of whooping cough and bronchitis," writes Mrs. W. K. Havfland of Armonk, N. Y., "but, when all other remedies failed, we saved her life with Dr. King's New Discovery. Our niece, who had consumption in an advanced stage, also used this wonderful medicine and today she is perfectly well." Desperate throat and lung diseases yield to Dr. King's New his house, his trouble was arrested and Discovery as to no other medicine on earth. Infallible for coughs and colds. anteed to cure, 25c at Chas. Rogers' 50c and \$1.00 bottles guaranteed by Chas. Rogers. Trial bottles free,

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