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## OYSTERS BEATEN BY PRUNES AND RAISINS.

Apart from their healthful influence upon the system, prunes and raisins are valuable for the energy stored in them. For the person who works, whether with brain or with body, the great value of prunes should be apparent, says an article issued by the California promotion committee. Both possess greater fuel value than the oyster, which is properly considered one of the most valuable of foods. Fifteen analyses of the edible portion of prunes (dried) gave an average fuel value per pound of 1400 calories. The ingredients of these prunes were as follows: Water, 22.3 per cent, protein 2.1 per cent, total carbohydrates including fibre 73.3 per cent, ash (mineral matters) 2.3 per cent, total 100 per cent. Thirty-four analyses of oysters (in shell) gave a fuel value per pound of 235 calories. These oysters were made up of the following percentage: Water 86.9 per cent, protein 6.2 per cent, total carbohydrates 3.7 per cent, mineral matters 2 per cent, total 100 per cent. This comparison might seem unfair inasmuch as oysters (in shell) contain on the average 86.9 per cent of water as compared with dried prunes which contained 22.3 per cent of water. However, twenty-four analyses of fresh prunes (not dried or cured) showed that while they contained 79.6 per cent of water their fuel value per pound was 370 calories as against the 235 calories per pound of the oysters analyzed. The percentage of matter which made up these fresh prunes was as follows: Water 79.6 per cent, protein 9 per cent, total carbohydrates including fibre 18.9 per cent, mineral matters 6 per cent, total 100 per cent.

Raisins were found to contain greater fuel value than dried prunes. Three analyses of raisins gave an average of 1605 calories per pound. These analyses showed the raisins to be made up of the following percentages: Water 14.6 per cent, protein 2.6 per cent, fat 3.3 per cent, total carbohydrates including fibre 76.1 per cent, ash or mineral matter 3.4 per cent, total 100 per cent.

Calories may be not incorrectly described as fuel units. These are units of heat which are furnished the body in the assimilation of the oysters, prunes and raisins mentioned, or of other foods. The technical definition of a calorie is the quantity of heat necessary to raise the temperature of one kilogram of water of 0 to 1 degree centigrade. It will be noticed that prunes and raisins being a vegetable food are not as rich in proteids (called protein in the percentage analyses given above) as are oysters which are "animal" food, but their fuel value is far greater than that of oysters which have been selected as a delicious dish and one highly esteemed for its nutritiousness.

## VEGETABLE DIET AND THE CENSUS.

The census shows that Americans are becoming addicted to less meat and more vegetable, cereals and products of the dairy. It is figured out that in 1850 a hundred Americans ate 94 sheep, 118 hogs; and 25 beeves, whereas, in 1900, they consumed but 50 sheep, 43 hogs and 20 beeves. Cheese has declined, but if eggs and poultry are included with butter and milk as belonging to the dairy class, the consumption of that kind of food is three times what it was forty years ago. The total use of meat, reckoned by the price, is reduced by 36 per cent. In 1850 one hundred persons ate 430 bushels of wheat and 90 bushels of oats. In 1890 they ate 623 bushels of wheat and 386 bushels of oats, and in 1890 the breakfast food movement was small to what it is today. Corn and potatoes have increased about like wheat. The general gain in vegetable expense is 80 per cent. Meat still leads, however, although it apparently will not do so long. We spent in 1900 \$1,625,000,000 for meat and \$1,075,000,000 for vegetable diet. Among meats beef leads, by a long distance, with sheep second and eggs third. Americans have grown healthier in the half century which has seen this change, probably, however, on account of more air and exercise and better cooking and sanitation. The general question of the best relation of meat to vegetable diet is one on which the medical world is far from concord.

## USE AND ABUSE OF ATHLETICS.

After an exhaustive examination of the case for and against athletics in the Medical record, Septem-

ber 24, Dr. Robert E. Coughlin, of Brooklyn, N. Y., comes to the following conclusions:

"The prime object of athletics is improvement of the general health. One writer has said that health, like happiness, does not exist. Each has a goal or limit, which, while seemingly attainable, eludes perfect possession. He said the body consists of a number of mechanisms which have the closest and most exact relations, and as they are approximate to harmony there is health, but when disordered there is ill-health. To obtain good health, muscle-building is not a necessity. One cannot judge of a person's health by the size and hardness of his muscles. We have seen that the converse may be true. To obtain health one must not be in a perfectly trained condition, owing to the effects of severe training on the nervous system. There is no evidence to prove that athletics and muscle-building improve the constitution. One should always keep in mind that built-up or hypertrophied muscle has a tendency to degenerate. The heart, being a muscular organ, shares in this tendency. \* \* \* Although the evidence for and against athletics is contradictory, the whole subject may be summed by stating that athletics are beneficial when properly and judiciously applied, and very injurious when the precautions above mentioned are ignored or carelessly regarded."

In a retreat during the Crimean war a wounded soldier was dragging himself along in great pain, says the World's Work. His comrades, in deep sympathy, said: "You are suffering too much. Do you want us to end your pain? Shall we bury you?" "I wish you would," he answered. They set to work and dug a grave. He laid himself down and was buried alive. The general, who heard of it afterward, said to the soldiers: "He must have suffered terribly." They answered: "Oh, no! we stamped the earth down with our feet."

Says the Salem Statesman: Since Roosevelt's vote in Marion county is approximately 700 more than that of Hermann in June and Parker's 700 less than that of Veatch, it looks very much as though 700 Marion county democrats voted outright for Roosevelt, and upon which evidence of political independence, love of country and disposition to know a good thing when they see it, The Statesman, in the name of their republican fellow citizens, extends sincere congratulations.

Tom Watson says he did not care where the votes came from so long as he got them. Tom is not so different from the other candidates as he was trying to make us believe.

For a year-old youngster Panama is doing very well. She has not yet caught the revolution habit—a disease very prevalent among South American republics.

The Baltic fleet would be more anxious to reach Port Arthur if it were better informed as to the probable personnel of the reception committee.

The price of wool is steadily advancing, and Wall street can probably figure it out as due to the remarkable shortage of the lamb crop.

It is about time that a reward was offered for "the handmaiden of protection," who used to be so popular in campaign years.

There is no use trying to convince the man out of employment that the money question was not an issue in the campaign.

"What is the difference between Cuba and the Philippines?" recently asked a democratic orator. About 7000 miles.

The world will have its eighth wonder when a negro is discovered marching in the other direction from a brass band.

It would seem more appropriate to call the peace conference a few miles south of Mukden instead of at The Hague.

Port Arthur would like it better if she could get provisions and men instead of encouraging words by wireless.

The Poles can not understand why they should enlist to fight Russia's battles. Nor can others.

Buffalo Bill is a great deal more of a stage scout than he was when the dime novel was popular.

It is believed the Russians are about to carry out their promise to evacuate Manchuria.

The Baltic fleet is evidently trying to establish a reputation as a balky fleet.

The Russian Baltic fleet will get there just in time to pick up the survivors.

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**THRICE HAPPY KANSAS.**

Has Paid Her Debts, Sleeps Well and Goose Hangs High.

Kansas is called excitable—but she is as calm as a basket of chips this year. Not a wave of trouble rolls across her peaceful breast, says the Emporia (Kas.) Gazette. Eight years ago people were flocking into the Gazette, stopping the paper. T. G. Wibley stopped it three times in that campaign. But this year he is taking the paper—insides and tops and all—without so much as a yip of disapproval. And when Wibley is satisfied the world is soaked in goose and is smooth all over. Eight years ago the populists were going to reform the world at the next meeting of the legislature and were carrying banners up and down the streets denouncing Wall street, waving flags at the octopus and shaking sticks at the goldbugs. These were hot happy and rambunctious days. A man could start a riot by reading the alphabet in a loud tone, produce a revolution by recking the multiplication table in a dramatic manner, and get six months in the hospital by declaring for either of the ten commandments against the Chicago platform.

But now Kansas is as idle as a painted turtle on a plaster paris log; placid as a hired man asleep under a hedge fence and happy as a big sunflower that nods in all the breezes.

The reason is that Kansas has paid her debts, has money in the bank, a clear conscience, and "an organ in the parlor to give the place a tone." Everything is lovely and the attitude of the goose is above timber line.

**The Coptic at San Francisco.**  
San Francisco, Nov. 11.—The steamer Coptic from Hong ong, via Yokohama and Honolulu, has arrived in this port.

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I want to see the furrin cities all along the track, I want to go through Paris in Jerusalem and back, I'd like to see the hull of it—I think I'd just as soon take the submarine to Hades and the airship to the moon. I don't care how I get there, friend, but when I make a strike it's me for old St. Louis just to live along the Pike.

—"A Ballad of the Pike," by Wallace Irwin. Copyrighted by Collier's Weekly. Published by permission.

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