# Editorial Page of The Journal

#### THE OREGON DAILY JOURNAL! AN INDEPENDENT NEWSPAPER

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#### THANKSGIVING DAY.

HE whole civilized and Christianized world follows the custom today and makes a special showing of thankfulness. But it is in this especially favored, prosperous and progressive country where Thanksgiving day is chiefly and most significantly observed. And this is right, for in no other land under the shining sun-unless it be some tropic isle where merce was never heard of-where mankind has so much to be thankful for.

In soil, in climate, in variety, in opportunity, in proluction and prolificness, in brightness and beauty, in splendor and satisfaction-there is not, has never and never will be, a country equal to the United States

So we can afford to be thankful, and ought to be thankful—not only today, but every day—for nature's rich gifts; for fruitage and flowerage; for sunshine and

Be thankful; you ought to be so. And in being thankful try to make some others especially thankful-today!

#### RESTORING CONFIDENCE.

and then encouraged by his complaisancy they "accepted" his resignation. Now he is out of a job. It is given out that this circumstance will tend to reestablish public confidence. It may "tend" to do so but it will not get much farther than that. This is only one of many radical changes that must be made in the policies of the insurance companies before public confidence is reestablished. Among them the companies must be egregated from the trust companies which formed such a convenient annex for the manipulation of the insurance unds for the benefit of the moguls and their friends.

Indeed it is not likely that the great insurance com-

ies will ever again cut such a swath as they have in he business of the country. Other financial centers save learned of what wast advantage these funds are and they will not longer rest content to have them monopolized in such vast proportion in New York. In the meantime out of it will be evolved a better, more ecoical and business-like system which will bring life rance more closely within the reach of many who hould enjoy its advantages. Nothing that has been de-eloped has shaken public confidence in the principle of insurance however much the methods of doing the jusiness may have come in for just criticism.

#### ANOTHER OF OREGON'S OPPORTUNITIES.

T COSTS THE PEOPLE too much to get somebody into office. Elections are too expensive. They cost too much not only in cash but otherwise. Are office-getters worth what we pay for them? Is not whole system too complicated as well as too costly -employing more men than are needed and getting out of them very much less than we pay for?

When one contrasts the orderly, economical and business-like methods of the private corporation with the cumbersome and costly method employed in the public service he is simply amazed at the waste and the lack of results ordinarily secured. While the science of govroment is old in certain senses it is still in its infancy. ake the average county, city and school district governments and see how much common ground they cover. In doubling up in this way the expense is naturally in-

The tendency throughout the country at this time is the direction of bringing to the front qualified men ho aim to give the best possible service for the money received. This is due to a growing political independence on the part of the people. It must gradually lead by all the world save that part owing allegiance to the to a modification in the cost to the aspirant for office Greek church. This sweeping away of an old calendar ndividual responsibility more keenly felt it is quite likely that the public service will be improved in the respects in which it is herein criticised. Such strides have een made in the last few years that it will not be surprising if some results are attained even in that direc-With the tendency in Oregon to return political power back to the people, so that they have a securer hold on their public servants than ever before, it is not unlikely that in this respect Oregon will lead the coungives greater promise of farreaching public reforms than any other state in the sisterhood.

#### erty and the inspiration to progress that goes with it upon which our sound prin-ciples of democracy must stand. There is, however, one thing better than honest poverty, and it is: Folk on Bribery. From an Address to Kansas City High

By Albert Pike, spring has less of brightness,

Every year; Nor do summer flowers quicken; Nor the autumn fruitage thicken, As they once did, for they sicken,

As the heart and soul grow older,

Every year;
I care not now for dancing.
Or for eyes with passion glancing.
Love is less and less entrancing

"You are growing old," they tell us,

"Every year";
"You are more alone," they tell us,
"Every year";
You can win no new affection;
You have only recollection,
Desper sorrow and dejection

Yes! the shores of life are shifting,

Every year; t places, changing, fret us, e living more forget us, ere are fewer to regret us

But the truer life draws nigher,

Every year; And its morning star climbs higher,

Every year; Earth's hold on us grows slighter,

And the heavy burden lighter, And the dawn immortal brighter Every year,

Every year; And we are seaward drifting,

Every year.

The people govern through the laws state and there would be no state gov-ernment left. When I was district at-torney first one man told me that as Wealth that represents industry, frugality, patience, skill; wealth that enriches the world even more than the possessor; wealth acquired by strict adherence to moral and economic law; wealth that is used beneficently and not displayed in lavishness and wantonness of living, in utter disregard of the rights of others; wealth that is kept within reasonable bounds and not made the object of suspicion and fear; it is honest wealth that makes a great nation. they had been having bribes from time immemorial they had acquired a right to them, a vested interest, and that I had no right to interfere with them tak-ing bribes until I had given them notice

ing bribes until I had given them notice to quit. Men would get up in the open court and argue that the offense was not such a helnous one after all—that it was a conventional crime.

Now the people know better. Government by bribes and lawlessness is government by the few with money to buy official favors. Now we demand that those who prostitute their trusts in official positions be made to answer in the ial positions be made to answer in the

cial positions be made to answer in the courts of law.

Four years ago there had been only 24 cases of bribery recorded in all the law books of the United States. The offense was not unknown, but it went unpunished. That is so no longer. Today every state in the American Union is prosecuting takers of bribes. That shows moral regeneration, and that the spirit of civic rightcousness now abroad will not die out.

We will pass from sordid commercial-sm to an age of high ideals. Already wealth is not worshiped with the same wealth is not worshiped with the same devotion as of old, and you can see to-day the spectacle of the richest old map in the world a beggar for sympathy. Since I have been governor I have been impressed with the scarcity of pen. When you go out to try and find a man for a place you have a difficult proposition on your hands. You young en and women will make possible the real and permanent reform of American life. Make up your minds to do your duty to your country, and remember that the boodjer who bribes justice for his own profit is a greater enemy of your country than the invader who comes with ships and armies.

#### Honest Wealth.

m the Wall Street Journal. fonest graft."—Plunkitt.

Honest graft."—Plunkitt.

Honest poverty."—Andrew Carnegie.

Innkitt believes in getting rich by
tical "puil," though carefully avoidany "monkeying with the penal
." Mr. Carnegie, although one of
three or four richest men in the
id, says that it is "honest pov-

NYONE unfamiliar with the real conditions the mouth of the Columbia river might easily be led to suppose that the plan proposed by Ex-Governor Semple of Washington for avoiding the existing obstacles to navigation is meritorious and worthy of serious consideration. As a matter of fact the plan is based on a radical misconception of the problem to be

THE PLAN IS NOT PRACTICAL.

The suggestion is in brief that a canal be constructed 15 miles in length, extending southward from the Co-lumbia river, just above its mouth, to Necanicum creek and through the creek to the ocean. It is proposed that a breakwater shall be constructed so as to ensure smooth water at the mouth of the canal. Vessels would no longer cross the bar at the mouth of the Columbia but would avoid it altogether by a flank movement through the canal.

One all-important fact is completely ignored by Gov ernor Semple and it is alone sufficient to render his project impracticable. This fact is that the Columbia river bar is not caused chiefly by the deposit of silt brought down by the river current, but is the result of a con-dition which prevails all along the coast and which would HEY MADE IT as easy as they could for President McCurdy of the Mutual. First they cut as at the mouth of the Columbia. The ocean currents his salary in half, which he gracefully accepted, which sweep along the coast carry in suspension vast be as serious a factor at the mouth of the Necanicum which sweep along the coast carry in suspension vast quantities of sand. Where the currents strike an obstacle the sand is deposited, forming shoals or bars. The purpose of the jetty at the mouth of the Columbia is two-fold: First, to confine the river to a fixed channel, and second, to act as a barrier against the drifting sand which sweeps up the coast. The powerful current of the Columbia is an invaluable aid to the work of the jetty. The scour of the current maintains the depth of the channel which, without it, would soon become

> Governor Semple's plan is based on the assumption that the bar is caused chiefly by the deposit of silt brought down by the river and he does not take into account the drifting sands of the ocean which are the great factor in the situation. The attempt to deepen the mouth of the Necanicum creek would at once encounter this formidable difficulty that as fast as the channel was excavated it would be filled by the ocean sands. There would be no scour by a powerful river current, as there is at the mouth of the Columbia, to aid in keeping the channel open and only by unremitting work could it be kept in a navigable condition.

The people of the Pacific northwest are profoundly interested in the completion of the government work at the mouth of the Columbia, along the lines on which it has been commenced. The time is critical, for only by united effort can the continuance of the work be assured Makeshift substitutes for the carefully considered plans of the government engineers are to the last degree in-opportune and undesirable.

#### ONE SMALL SYMPTOM OF REFORM.

USSIA has always been behind the rest of the world, literally, as well as figuratively. Socially and politically it has long been several

Speaking by the calendar, Russia is 13 days behind; but among the reforms proposed is a change of the calendar. Mr. Witte is a progressive man, and hefor he today is Russia—has decided that the Gregorian shall be substituted for the Julian calendar.

The Julian calendar, which became a Russian institution with the Greek church, was established by the first and greatest Caesar in 45 B. C. and remained in force until reformed by Pope Gregory XIII in 1582. The new and true Gregorian calendar has since been accepted with the old social and political order has been seen before. The first French republic tried the experiment, with results that did not long endure, for Bonaparte speedily restored the old. The Russian revolutionists are showing much the same wish to make a new world while you wait" that actuated the thorough-going French reformers of '93, and the Gregorian calendar that has done duty for three centuries and a quarter may soon be considered antiquated.

In several ways, history is repeating itself. France is try, for with the legislation now on its statute books it re-operating in Russia! Must Russia go through the same terrific experiences to reach the goal of a constitutional government?

#### The Eclipse of the Trotter. From the New York World.

Hardened lovers of harness racing will be moved to grief at the thought of a great trotting stallion like Cresceus selling for a paltry \$21,000. It is

only two or three years since he was which still hold good. Have the good old days forever passed, when cham-pion trotters commanded prices on a par with those paid for the kings of the turf? Think of the figures at which Senator

Stanford's horses were quoted in the palmy days of Palo Alto! Even the mare Sunol sold for \$40,000. Thirteen years ago J. Malcolm Forbes, the Boston millionaire, paid \$125,000 for Arion, whose lionaire, paid \$125,000 for Arion, whose best record is 2:07%. Three years earlier Axtell (2:12) had brought \$105.-000. To be sure, E. E. Smathers gave \$40,000 for the gelding Major Delman, and last year W. Simpson \$50,000 for McKinney. But that only makes the price paid for Cresceus, the conqueror on so many tracks, look the smaller. The truth of the matter is, the public has lost interest in the trotter. As a racing machine he falls to arouse the enthusiasm of former days.

### enthusiasm of former days.

Morrow County Crops.

Prom the Heppner Times.

The Morrow county farmers are very well pleased with the present prospects for a big grain crop the coming season. The seeding generally is all done and a great portion of the wheat is up and had a good start to growing before the freezing weather set in, while sufficient moisture has fallen for the present needs of the grain, which is certainly needs of the grain, which is certainly favorable condition for a good The acreage is also much larger than ever before and with an average season the wheat crop will be a bumper

#### Facts About Marriage.

From Harper's Weekly.

The historical facts concerning marriage as an institution are probably only vaguely known to the majority of people, most of whom would doubtless be surprised to learn that the institution as we know it today is less than 566 years old. Histories of the marriage ceremony show that it was not solemnized in church as a religious rite until the time of Pope Innocent III, A. D. 1193, and was not considered a sacrament until 1444.

### THE MAN-JEROME

dmirable sketch of Mr. William Travers Jerome, the reelected district attor ney of New York City, who made such

ney of New York City, who made such an admirable run as an independent candidate and beat the bosses of every party. Mr. Edwin Bjorkman, who writes the article, says in part:

"Jerome is first of all a teller of truths—not one of abstract universal truth, but of particular, individual, immediately applicable truths that concern the present day and place. Next he is a fighter. He was born to battle, and there is nothing that pleases him more there is nothing that pleases him more than a real hot tussle with a foe worthy of his steel. Ambition he possesses beyond a doubt; but it is subordinated to such a deep-rooted conviction of its futility whenever its satisfaction be futility whenever its satisfaction be procured by the sacrifice of a principle that it practically becomes a negligible quantity in the man's life. If he could buy the presidency by one little lie, I think he would cry out: 'Pshaw, I herer wanted it!' But there is a doubt in my mind whether he would not compromise even with his passion for veracity if, by so doing, he could get into a good fight for a good cause.

only less than a lie—injustice and op-pression. Think of that man telling himself that there would be a fine fight this fall and he not in it. Think of him brooding on the idea that but for his honesty and truthfulness and effi-ciency—the very qualities making a man fit for public service—his participation his honesty and truthfulness and efficiency—the very qualities making a man fit for public service—his participation in that fight would be a foregone conclusion. Think of him recalling—while tending to the thousandfold duties of his office or etching steel in his shop at Lakeville—how day after day, in endless ways, his fellow citizens had shown him that they loved and trusted and respected him. Think of him realizing in the quiet watches of the night with ever-growing vividness what it was that stood between him and the office which formed the tangible expression of his fellow-men's confidence and good will. Think of all this—and you can feel the wrath rising until that born fighter simply had to go into the fray. And what occurred to him first was a battle for the office—for the right to serve—not for the people and their right to be served. But being a man of imagination and of wonderful intuitive perception of the currents running silently in the depths of human nature, it took him only a short time to forget all about his primary objective, so that he could see nothing but the state of the people—enchained, boss-ridden and seemingly helpless.

'The gradual development of another.

"The gradual development of another The gradual development of another phrase that played a conspicuous part in his campaign speeches gives an illustration of his passing from the tangible object to the abstract ides. from the lesser to the greater truth. One of the first things he said was: This is not a mere scramble for office; is is not a fight against any party; it is a fight against Charley Murphy. That was the germ. By slow degrees those words crystallized into a mighty battle cry which rang refrain-like through the latter part of the struggle, until the echoes of it spread to the ut-

against the boss, and I am only your humble standard-bearer. The challenge was made by me, but the fight is yours." "From a man fighting for his own rights he had grown to one fighting for the rights of all."

#### LEWIS AND CLARK

Exploring Young's bay. November 36.—It cleared up about 9 o'clock and the sun shone for several hours. Others hunters are now sent out, and we passed the remainder of the day in drying our merchandise, so long exposed. Several of the men complained of disorders, which can be ascribed only to their diet of pounded fish mixed with sait water; they are therefore directed to use for that purpose the fresh water above the point. The hunters had seen three elk, but could not obtain any of them; they, however, brought in three hawks and a few black ducks of a species common in the United States, living in large flocks and feeding on grass; they are distinguished by a sharp white beak, toes separate, and no craw. Beaides these waterfowl, there are in this neighborhood a large kind of buzzard with white wings, the gray and baid eagle, the large red-tailed hawk, the blue magpie and great numbers of ravens and the large red-tailed hawk, the blue mag-ple and great numbers of ravens and crows. We observe, however, few spall birds, the one which has most attracted our attention being a small brown bird, which seems to frequent logs and the roots of trees. Of other animals there is a great abundance. We see great quantities of snakes, lizards, worms and spiders, as well as small bugs, files and other insects of dif-ferent kinds. The vegetable produc-tions are also numerous. The hills along the coast are high and steep; the general covering is a growth of lofty along the coast are high and steep; the general covering is a growth of lofty pines of different species, some of which rise more than 200 feet, and are 10 or 12 feet in diameter near the root. Be-sides these trees we observe on the point a species of ash, the aider, the laurel, one species of wild crab, and several kinds of underbrush, among

### Hetty Green's Birthday Loan.

From the New York World. Mrs. Hetty Robinson Green, richest woman in the world, celebrated her list. birthday anniversary on Tuesday by drawing a check for \$1,000,000 and in-cidentally, turning the pretty penny of \$25,000 as a part of a hard day's

work. ork. The check was cashed yesterday at the Chemical National bank by Deputy City Chamberlain John Campbell. A dozen cierks in the city chamberiain's dozen cierks in the city chamberiain's office saw the precious document and begged for permission to hold it in their hands for a minute. It was an extremely small-sized check, itiled out in the scrawling hand of Mrs. Green and drawn with as much abandon as though it merely covered her grocer's bill.

Mrs. Green delivered the check to Deputy City Chamberlain Campbell in person on the day when her feminine vanity might be supposed to induce her to yield to the temptation of a half holiday. The check was for a six-month loan to help out in the present money logn to help out in the present money stringency, and she is to get 5 per cent on the sum.

#### Deliberation.

From the Kansas City Star.

Speaking of the vaunted "deliberation" of the United States senate, the
Smoot case has been deliberated upon
for three years and is now right where
it started.

#### TREPOFFS LOVE OF POWER

From the London Mail.

General Trepoff need not have sign the proclamation from which the words are taken: "And the militaliave been directed to fire ball cartrid liave been directed to fire bail cartridge if the crowds offer resistance. No blank cartridge will be used." They are an characteristic of the man as is the pervous twitch of one eyelid that has earned for him the nickname "Winka" Russia knows him too well. Once he was laughed at. "He owes his advancement to the fact that he is the illegitimate son of some high personage." scoffed his enemies.

He did not reply.

"An insult to me," said General Trepoff. "Arrest the man!"
Instantly hands were laid on the presumptious citizen who had not acuttled out of the way with due respect. The scene closed at the police station, when the old man, who had been vigorously abused by the general, proved himself to be a prince, an ex-governor-general of an important province, a state councillor, aid-de-camp to the emperor, etc. General Trepoff apologized.
Russia laughed.
More stories were told. He had insulted an Englishman of high rank. Once more his pride had been humbled by a reprimand from the emperor.

And again the people he scorned rubbed their hands and gloated over his discomfiture.

Then the laughter ceased. Scorn

Then the laughter ceased. Scorn turned into hate. They tried to kill him. Three attempts were made in a single week. A woman placed the muzzle of a pistol against his breast and

muzzle of a pistol against his breast and pulled the trigger.

The pistol missed fire.

A man armed with a dagger forced his way toward him, swearing that he would stab the man who had now earned the name of "Tron Heart."

He falled.

Two days later a young man sprang upon the step of his carriage and lunged at him with a knife.

The blow was ill aimed. The knife

Three attempts upon his life in one week would be enough to shake the nerves of most men, but General Trepoff had been accustomed to would-be assessins.

Perhaps, like some of his enemies, he was beginning to believe that he was impervious alike to steel, powder and dynamite.

dynamite.

Certainly, it seemed that bullets could not touch him. One man fired three revolver shots at short range. One passed through the general's overcoat—but they all missed. Bullets always had missed

all missed. Bullets always had missed this man.

Yet, in spite of his assumed contempt, he must often have thought of his danger, for when it was announced that he was to take command of a brigade in Manchuria he is reported to have said: "Since I must be shot at, I prefer to be

"Since I must be shot at, I prefer to be a target for professional Japaness soldiers than for dirty amsteurs."

Tall, muscular, deep chested, a face in which the most prominent features are the cold, siate-colored eyes, he is a man who gives one the impression of enormous force, both physical and mental. Dominated by a love of power, enjoying the signs of the fear he arouses, he seems one in whom all the warmer traits have been frozen.

When only a lieutenant he sabred his orderly for some trifling breach of etiquette. He has boasted, it is said, of lieving shot five men with a revolver.

liaving shot five men with a revolver.

At Moscow he warned the crowds, as he has just warned them at St. Peters-

bused in the was respected.

Suspecting everyhody, trusting only thimself, he has more than once come to did a grief, as all who live only to make day.

him to organize secret societies and strikes on his own account, by way of antidote to the societies already in existence in Moscow. Accordingly a work-man's union was formed under the aus-pices of police spics. One sequel to that move has been told often. Another has

escaped notice.

Indisposed to trust even his own most Indisposed to trust even his own most astute agents, General Trepoff, skillfully disguised, must needs venture among the sham conspirators himself. He had forgotten one of his own peculiarities—that curious twitch of the eyelid which has earned for him the Russian equivalent for the nickname "Winks," and of course he was at once recognized.

Playing his part as conspirator with enthusiastic earnestness, he counselled the workmen, sham and real, to adopt extreme measures, and two of his own men, resenting his distrust of their own conduct of the proceedings, contrived to get him to repeat his drastic adjurations in the presence of the manager of one of the biggest Moscow factories.

The manager and his foreman, pretending to fall in with the disguised Trepoff's proposals, lured him away from the others and then gave him the soundest thrashing a grown man ever had.

Enough has been said to give a picture of the man in whose hands the fate of St. Petersburg lies. He is hated, hated, hated! The czar summed him up in few

"He is one of the few men-I can rely

#### The Height of Waves. From the London Post. It is usual in other places than novely

to hear of waves running mountains high, but in reality the mountains of the high, but in reality the mountains of the sea are by no means steep, and only appear so when two systems of waves meet, as in a choppy sea, and add their amplitudes. For example, as is shown in a series of wave measurements lately undertaken by the French government, the highest normal waves encountered in the southern Pacific are not more than 53 feet high from crest to base of trough. These are in a sense the waves of greatest known amplitude. The distance between their Atlantic are normally 528 feet from crest to crest and 26 feet high.

#### Roosevelt for Mayor of New York.

Roosevelt for Mayor of New York.

From the New York Herald.

To the Editor of the Herald—It may be somewhat early to pince in nomination for the proud place of mayor of Greater New York the name of any candidate, however available he may be, but I wish that privilege.

We need in this city, the center of the greatest activities of the world, a man to direct its affairs who not only possesses the active qualities in himself, but possesses as well the confidence of the whole people, not less the rich than the poor and the middling. We need a man who is greater than any party and whose actions are subject to

good for the greatest number.

I gominate Theodore Roosevelt as the head of the independent ticket in 1908 when he will be out of his Washington job, and there is notifing else in the whole land big enough for him. All in favor of Roosevelt for mayor of New York in 1909 signify it by the usual sign and see that the sign counts for all it is worth.

New York Nov. 18.

#### New York, Nov. 16.

# THE REAL NECESSITIES

By Elia Wheeler Wilcox.

(Copyright, 1205, by W. R. Hearst.)
Every day we hear people talking about the strain and toll it requires to obtain the mere necessities of life.

What are the mere necessities?

I was talking with Mr. Charles Courtney Haskell the other day and he brought this question forcibly to my attention.

ney Haskell the other day and he brought this question forcibly to my attention.

In order to live, as Mr. Haskell puts it, we must have five things—sir, sunwater, sleep and food.

The first four are all free. At least God gave them to man, and only monopoly can deprive him of them. And it is the fault of the people if they submit to existence without these four essentials to health.

Organised protests and ballots would restore them to humanity.

The only one of the five essentials to life and health which costs labor and money is food.

"But food costs so much," you will say.

Yes, indeed, the food we have been reared to think we must have does cost, not only labor and money, but health with a heart full of love and populated.

The prosaic, matter-of-fact woman to the prosaic, matter-of-fact woman with a heart full of love and populated.

Say.

Yes, indeed, the food we have been reared to think we must have does cost, not only labor and money, but health and life often.

han large portions.

The progressive minds of the day hav The progressive minds of the day have come to regard gross eating as the main causes of all the diseases flesh is supposed to be heir to, but flesh is not heir to anything but health and long life. Disease is thrust upon it by self-indulgence and stimulated appetites.

A man made a wager that he could live a whole year in the country on 11 worth of food. He succeeded and had 15 cents left. He was amazingly well at the end of the year.

The story of Charles Courtney Haskell's life should be encouraging to exery invalid in the world today.

Mr. Haskell was broken down by what he supposed was overwork, a complete

Mr. Haskell was broken down by whathe supposed was overwork, a complete nervous wreck, with a disease for every specialist—lungs, liver, kidneys, digestive apparatus, all obeying the word of the walking delegate, the heart, and striking. Mr. Haskell was close to the half century mark, and he was told that he must give up work and fill his system with nutritious food and take stimulating drugs, or he would die.

So the peor victim of tradition tried it. He ate three meals a day and took all kinds of treatment and grew worse every hour.

He drank much pure water and an oc-casional glass of hot lemonade. By allowing his system to rest from so much digestive labor and by taking only about one third the food his doc-

did specimen of vigorous manhood to-day, walks five miles easily before his And the only way to be perfectly well is to be unconscious of this mechanism. His diet now consists mainly of uncooked foods—nuts, fruits, cereals, vegetables, fish occasionally and much water. He works ten hours a day without fatigue and sleeps without dreams. He grows younger instead of older in appearance with each year.

I know of a woman who met with a shocking accident. The pole of a carriage struck her in the solar plexus and she could not digest food enough to sustain life. Finally she was put upon a diet of raw eggs, boited whole, and grew strong and well, regaining perfect health.

fect health.

Many invalids have been restored to health by a diet of nothing but raw meat chopped fine. I am enthusiastic over milk diet, because it gave me good blood and vitality and strength when run down and depleted by overtaxing my digestion. A friend takes nothing but stewed prunes and cream and a glass of milk and fresh pears three times a day for her diet, and is always restored to bloom and health in two weeks' time. Another has lived wholly upon grapes for a few weeks with sim-ilar results.

All these diets are good, mainly be-

cause they are a rest to the system. Disease is a flag which nature flaunts to tell us we are on the wrong track. It needs no doctor to get us back ngair if we will use our own common sense

and will power.

Two weeks' persistence in any one of these diets would cure two thirds of the people who are suffering in the hands of specialists today.

Poor, overfed humanity, awake to the truth, and break free from your shac-

Health is the simplest thing in the world if you want it enough to give up the luxuries which have brought you illness and misery. But thousands of people prefer suffer-ing to self-denial.

## High-Priced Trotters and Pacers. From the New York Tribune. Some of the trotters and pacers which have commanded big prices at auction or private sales in the last 10 years fol-

"Sold green, without a record

#### His Natural Mistake.

From the New York World.
In other words, both Mr. Harriman and Mr. Odell are confident that Mr. Hyde erred in thinking that it was a sandbug that they used.

#### WHAT TYPE OF MAN A GIRL LIKES BEST

lest?

It's rather a perplexing question, for the simple reason that she is apt to use the woman's privileges and change har

reared to think we must have does cost, not only labor and money, but health and life often.

Fine flour, many varieties of highly seasoned dishes, corpses of animals and stimulating beverages, all cost dearly.

But these are not the "necessities of life,"

The woman with no sense of humor marries the wit, and so it goes.

Plays and novels show pretty fairly the types of men that command most love from women.

All types, of course, have their following, but there must be one type which outclasses the others.

Which is it?

Every woman knows in her heart the

Which is it?

Every woman knows in her heart the kind of man she likes best.

If her hero were made to order, what would be his dominating quality?

"Fess up." girls, and tell us what quality you most admire.

Does the wit appeal to you, or does your heart thrill at the athlete's prow-

There is a touch of romance about a post that is very alluring, is there not? We all know how many hearts throb for the handsome man and none of us will acknowledge how many ache for the masterful man.

The everyday man comes last of all, but don't for one moment think he is to be deepised.

Which do you like best? Tou have a good list from which to select.

The question awaits your discussion.

#### LETTERS FROM THE PEOPLE

Then he heard of Dr. Dewey's nobreakfast plan, and, in order to escape the horrible process of stuffing his system with food he did not want, he tried waiting until noon before he partook of any sustenance. He began to improve and then he tried dropping meat from his diet. Still greater improvement.

He drank much pure water and an occasional glass of hot lemonade.

By allowing his system to rest from

he has just warned them at St. Peters-burg. Then they did not believe him.

By allowing his system to rest from so much digestive labor and by taking only about one third the food his doc-be known, but streets and squares were piled battle-fields until order reigned again.

General Trepoff was not loved the more, but he was respected.

Casional glass of not lemonade.

By allowing his system to rest from so much digestive labor and by taking only about one third the food his doc-tors had prescribed, and no medicine, he soon found himself free of all pains and weakness, gaining strength, and his brain power greater than ever in his life.

New York, he would carry 45 states by a large majority. The senators who are fighting him will never be heard of again at the expiration of their terms. The men so prominent a few months ago all are having a blight on their good names, and Wall street and its mag-nates are falling before the searching ouestions of Mr. Hughes. What a rec-

questions of Mr. Hughes. What a record with which to go to the people!

Every voter in America is reading 't every day and they are remembering it, and the party that upbolds them is going to be buried never to be heard qf again. The last Oregon legislature refused to indorse the president in his struggle for equal rights to all. That places its members in jeopardy of ever getting another office in this state. There are 100,000 voters in Oregon today who will sustain him in this fight, yet the legislature said no. The voters will scratch every one of them who comes before the people for their votes again. If I read the signs right parties are united to put down all dishonest dealings and give us an honest deal. We ask nothing more, and will take nothing less.

### An Answer to Baker

An Answer to Baker.

Portland, Nov. 30.—To the Editor of The Journal—I wish to say a word in answer to Frank C. Baxer's publication in an evening paper in regard to the sult which I have commenced against him. I thought I would treat the great Republican publication with stient contempt, but I extend a cordial invitation to all the gentleman's Republican friends to be present at the trial and hear how many false promises he sent down to me by his father and to listen to the testimony of several officers and judge for themselves how much he values the ownership of a Japa' gamb-ling den.

JESSE BOLTON.

Madison Cawein in Metropolitan Maga-Wild clouds roll up, slag-dark and slaty-And in the oaks the sear wind sobs and sighs,
Weird as a word a man before he dies
Mutters beneath his breath yet fears to

The rain sweeps down, and by each forest Each dead leaf drips, and murmurings ariso
As of fantastic footsteps—one who flies,
Whispering—the dim eidolon of the day.

Now is the wood a place where phantoms house; Around each tree wan ghosts of flowers were fair, Rustling; and through the bleakness of A voice is heard, now low, now storm:

As if the ghosts of all the leaves were there. Nordica's Beauty Method. 1

Prom the New York Amgrican.
Awakened at 5 a. m.
Was massaged until \$:45.
Exercised until 9:15.
Took tepid bath and dressed to 9:45. Breakfast on tea and toast, 3:45.

Breakfast on tea and toast, 3:45.

Went motoring at 10 a. m.

Walked five miles through park for n/hour and a half.

Rested at home from 12 to 12:20.

Ate what she liked, but drank noth-