

The Dalles Daily Chronicle. Entered at the Postoffice at The Dalles, Oregon as second-class matter. THE DALLES OREGON

A QUEER COMBINATION. The Breakfast of a Rounder After a Night Out. An Institution of Uncertain Origin Yet Familiar to All Waiters—Opinions of Physicians on the Try-ing Mixture.

DON'T KNOW HOW TO EAT. Too Many Americans Woefully Deficient in That Branch of Education. "When my children get to the proper age," said the man who was smoking a briar pipe, "I intend to have them taken in hand by some competent person and give them a thorough instruction in the art of eating, and, farther, in the science of finding out what to eat and ordering."

Take six men of the world—gentlemen, I mean, of an all round social experience, who have been unfortunate enough to stay too long with their liquor once in awhile—and probably five of them will tell you what is meant by the term "drunkard's breakfast," says the New York Herald. For the enlightenment of the sixth member it may be explained that a "drunkard's breakfast," so called in many swell clubs and restaurants, consists of a salt mackerel, boiled, not broiled; a dish of milk toast, and a pot of strong, hot tea. This is a repast which is supposed to be peculiarly adapted to the stomach of a man who permitted himself to be tempted to look too promiscuously upon the wine the night before.

Fish as a Fertilizer. It was a novel object lesson on the effects of stimulants that a New Yorker sojourning in Maine last summer discovered. Beside the house where he boarded was a field that had once been cultivated, but now was as barren as Sahara. "What is the matter with the land that nothing will grow on it?" he asked the fisherman, his host. "Fish did it," was the laconic answer. "How?" "Why, it was manured with fish. You know farmers near the seashore use porgies, dogfish, and other fish worthless to eat to fertilize the land. And don't the fish just make the crops grow for a few seasons? Look at that patch now. For years it yielded the finest corn, potatoes and garden sass you ever heard of. You see the fish acts on land just as alcohol acts on a man. It stimulates it up to the highest notch, and as long as there is any productive power left in the soil it goes into the crops. But there came the time when that field gave out all at once, and all the fish you could heap on it wouldn't make it bear so much as weeds or grass. The only thing is to let it lie fallow until the soil gains strength by rest. Farmers round the seashore have found out that though fish fertilizers give them tempting crops to start with, they must be handled as carefully as a man ought to handle rum or brandy."

There was no impertinence in the man's voice or manner. He didn't dream of being intrusive. He merely thought he was doing me a friendly service in suggesting a regular bracing "drunkard's breakfast." The same suggestion will be offered in many first-class restaurants to any man whose appearance or manner in any way excites the suspicion that he drank too much the night before. The hint is always offered politely and quietly, and only after the waiter has convinced himself that his purpose in making the suggestion will not be misunderstood. And thus, in some mysterious way, it has come to be believed among restaurant waiters that for a man who has had a long drinking bout the correct breakfast should consist of salt mackerel, milk toast and tea! It is an extraordinary combination, surely, and why it is peculiarly adapted to the condition of a man recovering from a spree is as mysterious as the identity of the genius who first proposed it.

A Wood-Duck's Tomb. At the farm of G. W. Hutchins, seven miles from Marysville, a bee tree was found near the east bank of Feather river, which was cut to obtain the honey. After the tree was cut down to the ground an investigation was instituted and the honey located in a hollow half-way between where it was cut and the top. On cutting open the body of the tree they secured about eighty pounds of honey, eleven duck eggs and a dead duck. It appears that a wood-duck had formed a cavity through a hole that was originally large enough to admit her body. After laying eleven eggs she had commenced setting to hatch them and while doing so the bees had filled the hole with comb, so that she could not get out and she died on the nest.—Red Bluff (Cal.) Democrat.

Another physician of long practice and wide observation said: "It would be interesting to know how and with whom the 'drunkard's breakfast' originated. It is a ridiculous idea. None but a normal stomach in healthy condition can digest a salt mackerel without discomfort, or at least unpleasant reminders of its presence. It is a fish that I am very fond of, but if I eat of it even after drinking moderately it causes an attack of indigestion. My only theory of its supposed popularity as a breakfast dish for one who has taken a drop too much is this: Its saltiness excites thirst for great quantities of cold water, which is, in my opinion, of real benefit to a stomach fevered with alcoholic irritation. It enables him to drink water copiously until the stomach is cleaned and cooled, and the alcohol in his tissues becomes so diluted that it is the more easily eliminated from his system. As for its alimentary value in such cases, I can't see that it has any. The milk toast would be all right, but salt mackerel and tea—what an insult and crime it is to force them upon a stomach already smarting and burning under the abuses of alcohol!"

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Nevertheless the "drunkard's breakfast" is an institution and a fixture. If you don't believe it just go into an up-town restaurant some morning when you do not feel on particularly good terms with yourself and allow the waiter to infer from your manner that you were somewhat off the coast the night before. If that waiter is up to date and estimates you as one of kindly spirit, he will discreetly suggest a breakfast consisting of salt mackerel,

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