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SATURDAY, SEPTEMBER 15, 1900.

NATIONAL DEMOCRATIC TICKET

FOR PRESIDENT.

William J. Bryan.
OF NEBRASKA.

FOR VICE PRESIDENT.

Adlai E. Stevenson.
OF ILLINOIS.

FOR PRESIDENTIAL ELECTORS.

W. M. PIERCE, of Coosima.
DELL STUART, of Multnomah.
J. WHITAKER, of Benton.
E. KRONER, of Multnomah.

Wells Fargo Express company, a very rich corporation, but one apparently with a soul, has generously offered to carry money or supplies for the Galveston sufferers, from any of its offices, free of charge. It is gratifying to observe this exhibition on the part of a great corporation, devoted to the money making business, as it reflects a spirit that uplifts humanity and adds to the theory that all men are brothers.

In 1896 the vote in Ohio reached the unheard-of proportion of one to three and a fraction of the population of that state, as against an average of one to every five in previous years. This was so surprising that it still excites interest among all shades and classes of politicians, who are wondering if it will again be repeated this year. There doubtless was some potent influence at work in Ohio in 1896 which may not be so resultful this year.

Senator or Chairman Hanna is going about the country scaring republicans regarding the election outlook, by telling them there is danger in over-confidence. The fact is, Mr. Hanna is endeavoring to scare his fellow republicans into subscribing liberally to a campaign fund, by the use of which he intends to work up enthusiasm and bring about success. Hanna has more faith in money than in the righteousness of his cause.

The Alexander Hamilton's idea of government is that it should first be strong and afterwards just. In other words, first get power, then be good; first get rich, then be honest. Many people believe in Hamilton's idea in every day life but it is not conducive to the formation of character in either the nation or the individual. Only the just man is fit to have power placed in his hands, and it is about the same with governments, which can be no better than the men responsible for them.

The Oregonian says: "If a man doesn't look out for his own interests, nobody else will." This is true, but a man can get in the habit of looking out for his own interests so seriously and narrowly that he cannot tell other people's property or rights from his own. It is never well for a man to be entirely selfish. In our business affairs we have already capitalized selfishness entirely too much and the Oregonian's advice, if followed, would increase the evil rather than diminish it. Excess in anything is destructive of men's best interests.

Gov. Lind, of Minnesota, has been renominated by the fusionists. He was elected in 1896 by a plurality of more than 20,000, and by an actual majority over republicans, populists and prohibitionists of about 13,000, the first anti-republican governor ever elected in that state. He has hitherto declined to declare himself a member of any party, but this year he has announced that he is for Bryan, and is vigorously working for him. In Minnesota this action of the governor is considered to be very important, so much so that in some quarters it is believed it will give the state to Bryan and Stevenson. Governor Lind is a Swede and his wife is German. There are more than 55,000 Scandinavian-born voters in the state and 32,000 German-born voters. This means probably that a majority of the voters of the state are of Scandinavian and German parentage. While both Scandinavians and Germans have generally been republican, ten years ago there was a drift among them away from the republican party on the tariff issue, says the New York World. In 1890, for example, the republican plurality for governor fell from 38,000, the plurality of 1888, to 2267, while the democrats and populists united had a majority of 56,000, and the democrats, populists and prohibitionists united had a majority of 64,000. Again, in 1892, al-

though the republicans had a plurality, the democrats and populists united had a majority of 8000. In 1894 the majority of the republicans over the united democrats and populists was only 6000. In 1896, however, on the money question, the republican majority over the united party was 51,000. Gov. Lind's personal strength is shown by the fact that while he was elected in 1896 by a plurality of more than 20,000, the rest of the republican ticket was elected by a plurality of about 25,000. He represents the voters who have been drifting away from the republicans for ten years and who were driven back by the Chicago platform in 1896, only to come together, this time effectively, in 1898. Many of the old-time Scandinavian and German republicans are against McKinley and Dingley bills, against trusts, and are now said to be anti-imperialists. These facts make Gov. Lind's attitude interesting and perhaps significant. He may swing Minnesota into the democratic column.

THE VALUES OF FOOD.

The world is all wrong or nearly so in its judgment of foods, according to the students of such matters.

The greatest living authority on food values, Prof. W. O. Atwater, of Middletown, Conn., has recently shown by exhaustive experiments that few people know how to nourish themselves. He has found that poor people are often better nourished than the rich, and that even the poorest are really extravagant on their table provision. The astonishing results which Prof. Atwater has just given to the world are the result of nearly five years of experiments. It is not generally known that this work has been carried on largely at the expense of the United States government with thoroughly practical ends in view. The information collected in this way, for instance, soon brings about radical changes in the rations of the army. The work meanwhile has been kept as much from the public as possible.

The method employed in obtaining such data is known in a general way. The various measurements are made with the aid of a complicated apparatus called a calorimeter, an airtight compartment which imprisons a man much more closely than any dungeon. The modern calorimeter is a marvel of ingenuity and complexity. It enables the experimenter to measure to the smallest fraction the air one breathes and the effect of the food he eats.

It is possible, so delicate is the machine, to account for 98 per cent of the food and air consumed by this prisoner of science. In making the experiments fourteen men are constantly required to take the many readings necessary for the experiment.

These work in two shifts of seven each, one by day and the other by night. It is impossible for the prisoner to walk across his cell without the fact being announced by the delicate mechanism of the calorimeter. The prisoner in the big glass box is completely isolated from the world. He amuses himself by reading, sawing wood or weighing himself. A smaller calorimeter is now being assembled in Prof. Atwater's laboratory for use upon cats, dogs and sheep.

The information collected in this way constitutes a most important contribution to science. In the recent experiments Prof. Atwater has accumulated much valuable information on the comparative cost of living for men of different callings. He proves with a few interesting array of figures that the average American spends fully 50 per cent more for his table than would be necessary were food bought on scientific principles.

He has found that an average family of five persons, including father, mother and three children, with an income of less than \$400 a year, spends 64 per cent of this total for food. A family with \$750 a year spends 60 per cent, and one with \$1200 a year, 45 per cent.

Prof. Atwater analyzed the food consumed by scores of families and found that wholesome food, of exactly the same nutritive value could be bought sufficient for a strong man for from 15 to 20 cents a day. It was found that a woman requires just nine-tenths as much food as a man.

Prof. Atwater in summing up this experiment says: "There is a widespread prejudice against economy in diet. Our food product is one-sided. The food for sale from which most people must choose has an excess of the fat of meat, of starch and of sugar. These serve to yield heat and muscular power, but the foods containing nitrogenous substances for building up muscle and brain are lacking."

The data on the comparative values of every day food which Prof. Atwater has collected is full of surprises. Few people know what is good for them. The dishes which one thinks especially wholesome and which one frequently eats merely as a sense of duty, turn out to be indigestible and poor in nutritive elements. It is common, for instance, to imagine that a sirloin steak is one of the most nutritious of meats. Prof. Atwater has found that salt fat pork, for instance, is more than twice as rich in nutrients and in fuel value. By fuel value is meant the property which furnishes heat and energy to the body. There is also a common misapprehension concerning eggs. Most people eat eggs, even with an effort, deeming themselves by the thought that they are nourishing. Now eggs are one of

the least nutritive of foods. Dried white beans are more than eight times as nutritious as eggs. Oysters are one of the poorest of our foods in nutritive value, while fish are almost equally valueless as muscle producers.

Prof. Atwater announces that the popular idea that fish are rich in phosphorus and are consequently excellent as a brain food is a mistake. There are a score of common food products more valuable as brain food than fish. The foods which are richest in nutrients and fuel will also be a surprise to most people. Among meats fat salt pork is in reality the most valuable food. None of the meats or fishes compare, however, with beans, rice or potatoes. Sugar is found to be very valuable as a nutrient. Prof. Atwater commends candy, especially for children, as one of the most nutritious of foods.

The cereals far outrank all other foods for both nutrient and fuel values. Even in this analysis the popular idea is contradicted and we find oatmeal ranking far below wheat flour. The most valuable of all our food products in point of nutrient and fuel value is corn meal.

Among the most interesting results of Prof. Atwater's investigation are the tables showing the exact quantity of food of various forms consumed by men of different nationalities and in different trades and professions. The most poorly nourished men according to these statistics are the poorer class of laborers in Italy. Their food for a day consists of about a pound of protein, or tissue producing matter, and 2000 calories, fuel-producing matter.

A large part of the population of Japan, though fed with entirely different foods, subsist on about the same quantity of nutrients. The average English laborer, on the other hand, consumes almost exactly twice the quantity of nutrients and fuel-producing food.

It was found that the average American student and the class of mechanics in New England who do light muscular work subsist on the same food value. In this scale the laborers of Norway, Sweden and Germany rank next. The largest amount of nutrients and fuel is consumed by any class of men in the world was found in the fare of the New England machinist and her workers who are required to endure great physical strains. These investigations show that Americans of all classes are the best nourished people in the world.

Prof. Atwater has discovered, he believes, the source of American energy and brain power among all classes in the quantity and nature of his proteins and fuel producing food. One of the practical results of Prof. Atwater's experiments is a series of tables showing the comparative costs of the nutrient and fuel element in every day food.

The calculations are made to show what may be bought for 10 cents. The figures are almost startling when applied to meats. Ten cents, for example, will buy 30 of a pound of sirloin steak, which would have a nutritive value of but .36 of a pound and would yield but 550 calories of fuel value. On the other hand 10 cents will buy 2.50 of a pound of the neck of an ox and this would contain .36 pounds of protein and 1825 calories of fuel value.

Another surprise is found in the case of veal chops. Ten cents will buy but .30 of a pound of this meat, which would contain but .08 pounds of protein and 155 calories. The same amount of money would buy two pounds of the shoulder of mutton with .20 pounds of protein and 2500 calories.

In the entire list of meats shoulder of mutton is the richest in nutrients and fuel value. Fish, even the cheapest kinds, are expensive foods when their exact scientific value is considered. Cod, bluefish and mackerel are found to be especially rich in nutritive values as compared with other food products, though all fish with the exception of salt mackerel are poor in fuel value.

Vegetables are enormously rich in fuel value. It is noticeable that while 10 cents expended for meat will buy on the average but about 1000 calories

of energy, the same sum will buy from 2000 to 3000 calories of fuel value if paid for cereals. Wheat flour ranks first for its fuel value. Among the vegetables potatoes, turnips and beans rank almost with wheat in fuel value.

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Spokane Flyer, No. 8, 8:10 a. m.	Walla, Walla, Spokane, Minidoka, St. Paul, Duluth, Milwaukee, Chicago and East, via Great Northern.	11:00 a. m.
Post Mail, No. 15, 10:10 p. m.	Portland and San Francisco.	11:00 a. m.
8:30 p. m.	Ocean Steamships From Portland.	11:00 a. m.
8:30 a. m.	For San Francisco.	11:00 a. m.
8:30 a. m.	Columbia River To Astoria and Warrenton.	11:00 a. m.
8:30 a. m.	Snake River Returns to Lewiston.	11:00 a. m.

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F. W. VINCENT, M. D., OFFICE IN BANK of First National Bank. Office hours 10 a. m. 12 to 2 p. m.

DR. C. J. SMITH, OFFICE OVERPENDLETON Savings Bank. Telephone 20.

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