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The Tillamook Headlight.
 Fred C. Baker, Publisher.

What Man Should Eat.

In discussing the subject, the London Lancet says that those who do not want to rank as extremists will do well to eschew the glandular organs, such as sweet-breads and liver; to put their faith in nutmeg and one or two kinds of fish; to give up coffee and drink weak China tea. Those who wish to go further should reflect, first, that man is neither carnivorous nor herbivorous. For long scientists have obscured the view by useless arguments as to whether or not a man was meant to live like a cow.

There are other species than the flesh and grass-eating animals; all students of comparative anatomy know now that the teeth of human beings are identical with those of the frugivorous apes who live on fruits and nuts. Not only so, but the proportion of bowel length to body length in man corresponds exactly with that in the same species, in marked contrast to what obtains in all carnivorous animals, where the bowel is proportionally short.

A study of anatomy, therefore, suggests a fruit diet as the most suitable, further confirmation is afforded by the obvious predilection of nearly all children for such food. The best fruits for food are apples, bananas, grapes, nuts, dates, raisins and figs.

Nuts are especially valuable, owing to the large amount of fat they contain; the old-fashioned idea that they are indigestible is due partly to the error in taking them at the end of an already more than ample meal, and partly to insufficient mastication. Chestnuts are the easiest to digest and make an excellent food. Many other fruits may be taken, always remembering that stone fruits sometimes disagree, and that acid fruits should be taken in moderation. Strawberries contain a considerable amount of purins, and should be avoided by all with a gouty or rheumatic tendency. Among fruits, we include those of cereals, such as wheat and rice. White bread is free from purin, but brown contains a varying amount derived from the husk. The most wholesome form of bread is unleavened.

The republican majority in the next house has settled to fifty-eight. It is ample and, for an off year, an unusually liberal allowance.

Thus far Mrs. Sage, like her late partner, has been chiefly successful in identifying the things that are not to get any of the \$80,000,000.

What the octopus thinks of itself is of little interest to the country. The size of its bump of self appreciation has long been shown by its dividends.

A fund to put in stripes the San Francisco politicians who stole from the relief money for earthquake sufferers would find numerous contributors.

It is well to remind Uncle Sam that the ownership of the waterways is vested in him, and to suggest that their improvement ought to begin in earnest.

Mr. Hearst's numerous publications devoted to puffing himself continue to come out, but have a rattle like sere and yellow leaves flying in the November blast.

The present capitalization of the railroads of the United States is \$15,500,000,000. It needs a Bryan financial imagination to deal with the problem of buying them.

In discussing the wickedness of cities Genl. Ballington Booth throws Nineveh, Babylon and Rome in the scale against Chicago, with Chicago on the down-weight side.

The latest flying machine of Santos Dumont stayed up thirty seconds, and was only partly disabled by the bump with which it landed. In another century or so ballooning may be reduced to a practical basis.

Many of the railroad companies are voluntarily increasing the wages of their employes. By following this with a reduction of freight and passenger rates a fair and reasonable basis can be reached between all classes.

Gov. Hughes will have a republican legislature to assist in his work, and New York sends to congress twice as many republicans as democrats. In essentials the republicans maintain a working lead in the Empire State.

The wise men who compose the national divorce congress can find only seven legitimate causes for domestic separations. An ordinary lawyer would

feel ashamed to go into court on a divorce case with less than a dozen substantial counts in his petition.

A district in Maine in which a large surplus of potatoes had accumulated got tired of waiting for railroad transportation and organized a fleet of schooners to relieve the situation. There is one, and only one, sure remedy for freight congestion.

Mr. Hearst's chief literary assistant says Hearst is 'the greatest creator of intelligent discontent this country has ever seen.' New York has no use for this champion, and he will fare worse when he tries his discontented intelligence on the provinces.

Heavy ship's chains, like those for which Staffordshire, England, is famous, are now made in Germany, and the Germans mastered the art by engaging Staffordshire workmen to move over and teach its mysteries. The growth of German industries is not hard to understand.

Dr. Lyman Abbott created a stir at the Lake Mohonk peace gathering by declaring that one of the greatest achievements of any Christian nation was when the United States, in the Philippines, put "its army, its financial credit, its great statesmen and its great educators at the service of a poor, oppressed, ignorant and hitherto despised people, who had neither wealth nor influence with which to repay, and many of whom had not at first the intelligence even to comprehend." The "antics" were exasperated by this statement, but unable to refute it.

Chas. E. S. Burch, of Minneapolis, has developed an automobile to be propelled by screw runners on the ice, according to a statement of the Scientific American. The particular object he has in view is to develop winter freight transportation for Alaska. Steam is the motive power of this ice locomotive. The spirals lie with their vertical axes horizontal, their edges being sharpened like the blades of a skate. Each spiral is connected with a separate engine. The machine is steered by compressed air operating two semicircular steel discs at each end of the body is made water tight, so that if the ice should give way the whole conveyance would float upon the surface of the water, in which case the spirals would serve as propellers.

Mayor Broadbent, of Huddersfield, England, who took office two years ago, offered to give parents living in a certain district of the city \$5 for every child born during his term of office and which lived to the age of one year. The result of the experiment have just been announced on the second anniversary of its inauguration. In the experimental area the death rate of infants had averaged 122 per 1000 for the preceding ten years. During the past two years the conditions were unfortunate, owing to an epidemic of whooping cough and measles. Notwithstanding, 105 babies have received the prize offered by the mayor. The average mortality was 44 per 1000, or a decrease of over half.

The national divorce congress, which began its sessions at Philadelphia, with the object of initiating a uniform national divorce law, had a membership of 120 delegates from nearly every state. Seven causes of divorce to be incorporated in the law were agreed upon—adultery, bigamy, conviction and sentence for crime followed by a continuous imprisonment for at least two years, extreme cruelty such as to endanger life or health, habitual drunkenness for two years and willful desertion for the same length of time. On the question of age there was much discussion. Several men advocated the ages of 21 and 18, respectively, for men and women, but this was opposed by two women delegates, who thought the age of matrimonial consent should be fixed at 18 and 15.

Considerable discussion has been aroused by a signed prophecy of Thomas A. Edison, detailing what our large cities will be like 100 years hence. He says they will be free from smoke and steam, and that the chimney will be a thing of the past, while the waste of coal and other fuel will be stopped through the use of electricity, generated direct from the fuel without the aid of engine, boiler or dynamo. In factories each machine will have its individual motor. Houses will be heated electrically, and most of the cities' noises will cease. Sisyphus will be universal in the business section, and the streets will be bridged over at different heights to facilitate transit from one side to the other. He estimates that buildings will then average thirty stories in height, and the greater number will be constructed of concrete and steel. Such buildings, he says, will stand a thousand years or longer. His new battery will make electricity portable for street vehicles or airships.

The suit which the government has brought in the United States district court in St. Louis against the Standard Oil Company is the culmination of the investigation into the doings of that combine. It is the belief of the president and Attorney General Moody that sufficient evidence has been obtained against the Standard and its seventy constituent partners to dissolve the trust, and to prevent it from entering

into any future contracts in restraint of trade. There are seven individual defendants, the most prominent of whom are John D. and William Rockefeller. The suit is brought against them under the Sherman antitrust act of 1890, and the government's law officers think that the case against the combine is complete at every point. As the Standard has survived many attacks, the general public will defer its jubilation until the decree of dissolution of the combine becomes a fact. All the resources of obstruction which wealth and legal talent can set up will be employed by the Standard. The astute gentlemen at the head of that billion-dollar aggregation know that in this crusade against the trusts the government is enlisted for the war. The plan of attack was formulated carefully by the president and the law officers of the government several weeks before the Panama trip began.

Science and Industry.

Messrs. Constanzo and Negro have recently published a resume of results obtained by them in a study of the radioactivity of snow which fell at Boulogne last winter. It has been known since 1904 that new-fallen snow is radioactive, but the subject has not before been so fully examined. In this case the investigators announce the following conclusions: New-fallen snow quickly gathered after its descent to the earth is highly radioactive; radioactivity disappears almost entirely after the lapse of two hours; snow which has fallen on the soil appears to retain its radioactivity a little longer than that which has come to rest upon the roof of a building. These results in a general way confirm those obtained in 1904 by Kauffmann, who, nevertheless, found snow which remained radio-active 100 hours after its fall.

There appears to be three hypothesis of the cause of terrestrial magnetism, the first being that the crust of the earth has at some time, probably shortly after solidification, become a permanent magnet owing to the circulation of electric currents which possibly may have been produced by thermal causes.

The second hypothesis states that the cause was originally, and may still be connected with the earth's rotation, which has gradually accumulated its magnetic field much as is the case with an ordinary self-exciting dynamo.

The third hypothesis is that the sun itself is the power station for the whole solar system, and that each of the planets is merely a distributing station for the energy generated in the sun. It can, however, be shown that the direct magnetic effect of the external field produced by the sun must be small, although we know that changes taking place in the sun are unquestionably associated with the appearance of magnetic storms which are of such importance to the sailor and telegraphist.

According to an official of the geological survey, a comparison of the gage records for a period of twenty years shows that the land surrounding the great lakes is being gradually tilted from northeast to southwest at such a rate that of two points 100 miles apart, the northern rises 5 inches with reference to the southern in 100 years.

At Chicago the lake level rises about 1 inch in ten years. The official quoted predicts that if this movement continues, in about 3000 years all the upper lakes will discharge into the Illinois river, the Detroit and St. Clair rivers will flow backwards, carrying the water of Lake Erie into Lake Huron, and the Niagara river will run dry.

Trust to Nature.

A great many Americans, both men and women, are thin, pale and puny, with poor circulation, because they have ill-treated their stomachs by hasty eating or too much eating, by consuming alcoholic beverages, or by too close confinement to home, office or factory, and in consequence the stomach must be treated in a natural way before they can rectify their earlier mistakes. The muscles in many such people, in fact in every weary, thin and thin-blooded person, do their work with great difficulty. As a result fatigue comes early, is extreme and lasts long. The demand for nutritive aid is ahead of the supply. To insure perfect health every tissue, bone, nerve and muscle should take from the blood certain materials and return to it certain others. It is necessary to prepare the stomach for the work of taking up from the food what is necessary to make good, rich, red blood. We must go to Nature for the remedy. There were certain roots known to the Indians of this country before the advent of the whites which later came to the knowledge of the settlers and which are now growing rapidly in professional favor for the cure of obstinate stomach and liver troubles. These are found to be safe and yet certain in their cleansing and invigorating effect upon the stomach, liver and blood. These are: Golden Seal root, Queen's Root, Stone root, Bloodroot, Mandrake root. Then there is Black Cherrylark. The medicinal principles residing in these native roots when extracted with glycerine as a solvent make the most reliable and efficient stomach tonic and liver invigorator, when combined in just the right proportions, as in Dr. Pierce's Golden Medical Discovery. Where there is bankrupt vitality—such as nervous exhaustion, bad nutrition—and thin blood, the body acquires vigor and the nerves, blood and all the tissues feel the favorable effect of this sovereign remedy. Although some physicians have been aware of the high medicinal value of the above mentioned plants, yet few have used pure glycerine as a solvent and usually the doctors' prescriptions called for the ingredients in varying amounts, with alcohol.

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12 quarts Rainier 3A Bourbon.....	11.00	4.00
12 quarts Monogram O. P. S. Rye or Bourbon.....	11.00	4.00
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