

CURRENT COMMENT

Narrow Escapes at Sea

New York State collects in special franchise taxes a very large sum. This year the assessment is \$446,022.92, an increase of \$125,543,333 over last year's amount. Of this increase \$105,375,700 is in New York City.

A London hygienist says strawberry acids affect some people's temper, many becoming sulky and irritable after eating them. Perhaps that may be the explanation of some of the grumbling done by people at reaching the bottom of the boxes so quickly.

It is said by the "yellow" press that the United States will send 16 warships to the Pacific as a strategic move, with the object of giving Japan a hint. It is to be hoped the story is untrue. Such a challenge to ill-feeling would be little short of a national crime.

Italy is said to be feeling the loss of the hundreds of thousands of laborers, small farmers and others who have crossed the seas in search of wealth and of new homes, and it is expected that she will take steps to check the overflow of so considerable a percentage of the best working people of that country. Italy is somewhat like Ireland, we are told, in the matter of absentee landlordism. The landlords lease to small tenants, exact the highest rentals they can get, and there is nothing but a meagre living left for the small farmer. There should be plenty of work for all Italians at home. Many millions of acres are still unproductive, largely swamp lands which drainage would reclaim, to the improvement of the public health and the augmentation of crops. Meantime the Italians are busy doing the hard work for the people on this side of the water, and that they are able and willing to do so is a credit to their character. A very interesting bulletin of Yale University is that on "The Effect of Diet on Endurance," giving a detailed account of an experiment in thorough mastication of food. The test was conducted by Irving Fisher, Ph. D., on nine healthy volunteer students, and seems to go to show that our physical condition and economy of food is largely dependent on a common sense manner of eating. The two rules of the experimenters were:

1. Mastication, thorough mastication of all food up to the point of involuntary swallowing, with the attention directed, however, not on the mechanical act of chewing, but on the tasting and enjoyment of the food; liquid foods to be sipped and tasted slowly and carefully, water. There should be no artificial holding of food in the mouth beyond the time of natural swallowing, even if, as is to be expected at the start, that swallowing is premature. It is not intended to "count the chews," or hold the food forcibly in the front of the mouth, or allow the tongue muscles to become fatigued by any unnatural effort or position, or in any other way to make eating a bore. On the contrary, every scientific effort distracts one from the natural enjoyment of food. Pawlow has shown that without such attention and enjoyment of the taste of food, the secretion of gastric juice is lessened. The point of involuntary swallowing is thus a variable point, gradually coming later and later as the practice of thorough mastication proceeds, until the result is reached that the food remains in the mouth without effort and becomes practically tasteless. Thus the food, so to speak, swallows itself, and the person eats without thought either of swallowing or of not swallowing it; swallowing is put into the same category of physiological functions as breathing, which ordinarily is involuntary.

Following instinct. Never to eat when not hungry, even if a meal (or more than one, for that matter) is skipped. And when a meal is taken, not to be guided by past habit, or by any theories as to the amount of food needed. The natural taste and appetite is alone consulted, and the subject selects from the food available, only those kinds and amounts which are actually craved by the body. After practice, the appetite gradually becomes more definite and discriminating in its indications.

The endurance test lasted about ten weeks. A great variety of food was provided, and each student was guided solely by his taste and inclination in regard to what food and what quantity he consumed. The result of the tests to which the students were subjected showed that "natural eating" contributes to health, strength and endurance; that under natural eating less flesh food is craved; and that excess of potents may account for "fatigue toxins" and their effects.

Perhaps the most valuable result of such experiments is to remind us of the too-much-neglected duty of thorough chewing and insalivation of the food. Bad teeth accounts for many digestive disorders. Hasty eating—the quick lunch—is the curse of the age. Many are dyspeptic before they are capable of knowing how to eat. Unwise mothers often feed nursing infants every kind of food in which adults indulge, and the consequence is not hard to guess. Over-eating and overchewing ruin the adult digestion, and no pills or quack potions can make up for the outrage committed. Moral: Eat only when you are hungry; chew your food thoroughly and long; and don't ingest too much at a time.

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DEATH IN A NEW GUISE.

Scheme That Landed Hungarian Judge in Town Jail.

In a little village on the Hungarian frontier, not far from Presburg, a peasant woman recently received 400 kronen (\$27) from her husband in America.

The woman's money, adds our Vienna correspondent who sends the story, is still in the bank, and the Judge is in jail.—From the Pall Mall Gazette.

Give the Horse Warning.

No movement should ever be required of the saddle-horse until he has been previously warned, and, in however crude a fashion, collected for the effort. It is not fair to him to neglect this, nor is it to haul him backward by main strength, or to ask advance by suddenly kicking him in the ribs with the heels, or jerking his mouth with the bits, customary as are these performances; nor should he be turned only by hauling upon one rein until his body must follow his head and neck, or he must fall down.—From "Directing the Saddle-Horse," by F. M. Ware, in the Outing Magazine for July.

Cure Your Horse

The Biggest Hedgehog.

William Fanning shot yesterday afternoon the largest hedgehog ever heard of in this vicinity.

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Chulalongkorn Having a Time.

Minard's Liniment Cures Garget in Cows.

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CELLULOID STARCH

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ISSUE NO. 29, 1907.

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JAP CAUTION

Had Over Two Hostile Demons

Hostile Demons Appear

New York, July 15.—The day prints this version of the Japanese at San Diego, California, that he was drawing cautious at Fort Rosecrans.

The intruder was caught act of sketching the empforten trench guns at Battery, and copies of plans he had made of the torpedoes and the machinery connections and the trolley mine field of the harbor were found in his possession.

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