

mocracy and plutocracy, now up for final settlement, both in Europe and America, issues which can not be longer ignored. Shall the old or a new democratic party lead the people in their settlement? It is time to separate the sheep from the goats, the wolves from the watch dogs of

freedom. The days of paltering are passed.

J. P. Scott, Parsons, W. Va.—You claim that your publication is open for the opinions of the democrats of the various sections of the United States in expressing their ideas of the condition of the democratic party throughout the various sections of this country. I as one democrat wish to express my opinion as to the actions of the so-called democrats who have fooled the democratic party in placing them in power. Such men as Senators Bailey, McEnery, Daniel, Tillman, Simmons, Flesher, and others who lined themselves up with the republican party in the United States senate did more harm to the democratic party than the south did when it seceded from the United States government, or the last Cleveland administration. In all the so-called democratic United States senators but three—Jeff Davis, Senator Clark and Senator Gore stood up like men and recorded their votes democratically and in behalf of the people. Outside of the three democratic senators named above, nothing which has ever happened to the democratic party since the advent of socialism, has there been anything which has made so many socialists out of democrats as the betrayal of the United States senators elected by democrats, in the last congress. According to my idea there is but one hope for the democratic party and that is to come out like men for what each and every true democrat does believe, and declare for free trade with all nations. No people hereafter will trust a party which has had a chance to record itself against the impositions which the republican party have placed on the people and failed to do so. The great mass of the people laugh at idea of the democrats of New York trying what they claim to reorganize the democratic party on the line of the republican party. The democratic party started out as the party of the people but what has such men as Bailey, McEnery and the like made it?

D. L. Braucher, Lincoln, Ill.—Now that the tariff has been adjusted and congress adjourned it may be well that we look around and see where we stand. It is not very encouraging to note that while some republicans voted against the Aldrich bill, all of them are nevertheless in favor of the "protective principle," and as I see it, the protective principle is the poison in the dish. I noted some time in the spring that the tariff commission requested letters from the people with suggestions as to tariff rates, etc. Inspired with a "patriotic emotion," and possibly aided and abetted by old Satan himself, I had the audacity to write to them giving my formula for ascertaining rates. It was as follows, quoting from memory: "When I have a very knotty problem to solve, I usually work it out algebraically in a general formula," that is a formula which will solve all questions of that nature, and I have the most implicit faith in its correct, not to say infallible solution of the many rates to be discussed in that monument of cold-blooded injustice. It is so simple that I am almost ashamed to state it for the edification of statesmen. But here it is: "Ascertain by careful inquiry which of the trusts are selling their goods (manufactured products) to foreigners cheaper than they are selling them to our home people (their comrades (?) I might say) and every one found doing so, should be put on the free list." Of course, this being "a home remedy" it will not attract much attention from real statesmen, such as now abound in congress, and I must say that I am not encouraged much politically to note that this

virus of protection has captured some of the southern democrats. I also note that Mr. Taft is at work on some plan for the improvement of our laws "governing finance." It may be safely assumed that the improvement is to be on the same line which has controlled all of our finance legislation for the past forty-four years, the climax of which is to be found in the asset currency bill, passed about a year ago, and which gives the New York bankers the power to flood the country with five hundred millions of dollars (?) of as rank wild cat as ever escaped from the vaults of irresponsible bank schemers during the inflation period preceding the late war. What we want is to have a platform made covering all of the main issues, such as never change in the estimation of a real democrat, and keep them standing at the lead of the column. A "paramount" may be selected from them to emphasize the situation at any given time but all should be kept in the platform, and thus we will keep those together in one party who are real democrats on all of the main issues. "Let the people own the trusts" comes up to my notion as "a paramount issue" and it does not lose any of its force by standing at the head of Wilshire's Magazine, which is an out-and-out socialist paper.

George R. Hall, Sr., Monroe, Ore.—Having been invited to contribute an item to place among your "Letters From the People," I will briefly state a sample of my views upon what seems to be the leading issue at the present time—tariff. In the first place I will say that I have always been in favor of low rates or tariff for revenue, and of late for free trade on articles controlled by trusts, but not for free raw materials to be manufactured and sold by American trusts. I can not see how that would be of any benefit to producers of raw materials or consumers of trust goods. The stand-patters could and would still continue to fix the prices of their goods to consumers, and thereby increase their profits, unless competition can be restored to consumers can producers afford to furnish their products in competition with those of the world? I think not. I have tried it during my long experience. I have sold beef hides for almost nothing, thrown calf hides in the river and sold sheep for a dollar a piece. But if it can be shown that free trade in raw materials will bring down prices on trust manufactures, then as one of the consumers I am and will be for free raw materials. Wherever raw materials are in the hands of combines they may be depended upon to look after such materials. It is now believed that Aldrich was in favor of free raw materials in order to show the people that the tariff had been revised downward, and also to increase the profits of his protected trusts. I will conclude by saying that representatives of the people should vote according to their instructions as per platform.

W. L. Williams, Ramsdell, Texas.—I see in your issue of September 10 a little advice to the democrats from the New York Times, entitled "The First Step" It seems to be a very appropriate name, taking into consideration the principles therein set forth. It would be a long step from the true democratic principles as set forth by Jefferson, Jackson, and Bryan, into the republican principles or out of the democratic party into the republican party. I think their place of meeting very appropriate also, for such an organization as the trust magnates will flock there while it is too expensive as well as secluded for the common people of

## The Significance of A Poor Appetite

Good Digestion Usually Produces a Good, Healthy Appetite for Substantial, Nutritious Food

In nearly all cases of good keen appetite, and a hearty relish for food are significant of good health and indicative of a strong digestion,—one which is capable of handling properly all of the food eaten, so that the person will not be annoyed for hours after each meal with bloating sensations, a feeling of weight in the epigastric region, sour eructations, heartburn and waterbrash.

Practically everyone is aware of the fact that if the appetite fails for any length of time, the strength and energy wane considerably, and the blood and nerves are appreciably affected, the condition of the one indicating anaemia, or thin blood, and of the other, neurasthenia, or nervous exhaustion. Then follow such symptoms as want of energy, "that tired feeling," a state of languor, lassitude and weariness, together with melancholia and despondency.

A good hearty appetite usually indicates a good, healthy digestion, though, of course, there are exceptions to this rule, for example, as in diabetes, or in bulimia, conditions in which the appetite is tremendous, in fact, downright ravenous, and can not be satisfied no matter how much food may be eaten. The "exaggerated appetites" of these diseases are just as unnatural, and just as sure indications of stomach disorder, either directly or indirectly, as is anorexia, or loss of appetite.

In 98 cases out of a hundred, however, a large, hearty, capacious appetite means a good, active condition of the stomach, a healthy, powerful digestion, an excellent absorption and assimilation, so that when the appetite is lost it may be correctly assumed that the stomach is at fault and needs attention.

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