

# EDITORIALS

OPINIONS OF GREAT PAPERS ON IMPORTANT SUBJECTS

## DO MORE THAN YOU ARE PAID FOR.

**A** NUMBER of girls in a training school in Boston have adopted as their motto the sentiment expressed in the above lines. "If you never do more than you are paid for, you will never get paid for more than you do," is the way they put it. These girls have, early in their career, discovered the secret of business success. It is a principle that has worked itself out in life a thousand times, and always to the advantage and success of the follower of it. It has been the foundation stone of many a notable career. Men right here in Pittsburgh have accepted it as their motto and have risen to eminence through it. The streets are crowded with men and women who have failed in life because they were looking for the soft snap and the easy job. Pull may get a man a position, only hard work and merit lead to his advancement.

Do more than you are paid for! It is a motto that might well be expanded into a philosophy for life. It stands for fidelity, for honesty and for efficiency. It stands for courage, purpose and zeal. It recognizes the value of sincerity and abhors sham. It is the true pathway of worth and merit leading upward to the serene heights of fame and business prosperity. Those who do more than they are paid for, will soon have stamped upon them the seal of approval by their employer. When hard times come, as come they sometimes do, the man who gives more than value received will be kept on the payroll, while the man who scamp his work and shirks his duty will be released. Look out for the young man who says: "I wasn't paid to do this, therefore, I won't do it." Very presently he will not be paid for what he does want to do. Shirkers and jerkers are not wanted in any department of life and labor. The worker is always sure of a steady and well-paying position. He exemplifies in his life the doctrine of the survival of the fittest. The man who gives less than he receives will be left behind in the race of life.

Men who expect much and give little are doomed to disappointment. They may accumulate money, but their lives are destitute of the achievements which mean success. The only path to an honest success is found in giving more than value received. The servant, in order to retain the respect and consideration of his employer, must not alone be worthy of his hire, he must be more than worthy. Worth is the stepping stone to better things.—Pittsburg Press.

## WHAT WE EAT DOES DAMAGE.

**T**HEY say that people eat too much and that many common ills spring from overfeeding. Professor Chittenden, of the Sheffield Scientific School at Yale, recently made experiments to determine the hygienic modicum of food suitable for a healthy human being. Taking as subjects three classes of men, a number of Yale professors, a number of students and a squad of soldiers from the regular army, he put them on a diminishing diet. His experiments lasted from six months to a year. He compelled them to take physical exercises regularly. At the conclusion of the experiments the weight of the subjects was in some cases exactly what it had been before, and in some cases slightly lower, but all the subjects, he reports, gained in strength and bodily vigor during the experiment. The daily consumption of food toward the end of the period was only from one-half to one-third as much as that of the average healthy man, although Professor Chittenden endeavored to satisfy the appetite of each subject. And Professor Chittenden's judgment is that the average man eats from two to three times as much as he needs or ought.

With all respect to Professor Chittenden, however, a good many people will still insist that the average man does not eat too much. The great majority of people are compelled to live frugally and they cannot afford to eat a great deal more than they need. They consider themselves fortunate to be able to satisfy their appetite, and few of them are inclined to cram food down their throats when appetite proclaims itself satisfied. Appetite is nature's measure of what is a sufficiency of food and there are very few of us who would not go about hungry if we lessened our daily consumption of food by one-half or two-thirds.

Alimentary troubles come, it is reasonably safe to say, from the quality rather than the quantity of food taken. Poor cooking and adulterated food doubtless damage the health of many people. It is said that hygienic cooking is little known in this country, and there is very little foodstuff that is not "doctored" in one way or another.—San Francisco Bulletin.

## SPELLING.

**T**HERE is much complaint that the rising generation can't spell. True, there was complaint that some of the forefathers of the present generation could not spell. George Washington, Andrew Jackson and other men eminent in our history conducted a spell-as-you-please. Ancient men of letters were poor spellers, in many instances. Still, the average has gone down-hill, it appears. Perhaps the memory of the tingling cheeks, and the ready birch in the teacher's hand, which accompanied a "spell down," makes us children of an older growth think that we learned to spell better than do these youngsters, nowadays. Usually, with the old methods, it did not pay to miss the same word twice.

"Why is it," the question used to go, "that all the bad spellers become sign painters?" Is it because of the strict union rules, nowadays, that the bad spellers have deserted sign painting and overflowed into all the other occupations? Have modern methods of teaching overlooked the desirability of teaching the boys and girls spelling and the three R's, in order to cram their little heads with ornamental accomplishments?

There has been a widespread belief that the restoration of the old-fashioned spelling bees, "spell up and spell down," would be a good thing. The Brooklyn Eagle thinks so, to such an extent that it has offered prizes on condition that the public school principals will let their pupils take part in a series of spelling matches. The principals do not take kindly to the notion. The Eagle says:

"The nub of the matter is just this, the public school children cannot spell. The principals of the high schools know that they cannot spell, as does everybody else who has occasion to receive letters from them. If a series of competitions were held this most troublesome fact of the school situation to those on the inside might be revealed to the great body of parents and taxpayers. Then there might arise such a hue and cry for common sense and the fundamentals of education as would annoy the authorities who now make out our scientific and philosophical course of study, which slights spelling for general information about everybody from Confucius and Buddha down to Admiral Togo. If the school should once begin to make time enough for fundamentals, of which spelling is easily first, there is no telling how many fads and frills would have to be cut out to find the time for essentials."—Albany Argus.

## ALARM OVER CHINA.

ARMY OFFICIALS FEAR CRISIS IN FAR EAST.

Preparations for Outbreak Being Made by General Staff—Missionaries Advised to Keep in Touch with Treaty Ports.

Reports have come to members of the general staff of the army from China that are more alarming than are the reports which have become public property, writes a Washington correspondent. Staff members are bending every energy to the study of the Chinese situation and are making preparations for a crisis in the eastern empire.

Notwithstanding the disinclination shown thus far by Congress to provide for the proper quartering of more troops in the Philippines, it is almost unquestionably the intention of the army chiefs to re-enforce the island garrison with regiments in addition to those now on the high seas on the way to Manila.

The general staff has had its hand on the pulse of China for months. Several army officers recently returned from that country, and their reports of conditions have not relieved the tension of mind of the chiefs. One of the members of the general staff who recently arrived from China, and who visited Shanghai, Canton and Peking and made trips through various parts of the country, says that in his opinion there is only one thing which can prevent immediate trouble in the Flowery Kingdom. He declares that the natives are ready to rise against the foreigner at the present time, but that they are held in check by the more intelligent leaders, who tell them

If the "yellow peril" should make it necessary to send troops into China, the invading army from the United States would be commanded by General Leonard Wood, the commander of the army in the Philippines.



GEN. WOOD.

General Wood is not a West Point graduate. His military training was secured through fighting Indians on western plains and in the American invasion of Cuba. He was educated as a physician and entered the army in 1886 as a contract surgeon. In the battles with the Apaches he performed distinguished services.

When war broke out with Spain Wood, aided by Theodore Roosevelt, organized the famous rough riders and was made its colonel. General Wood commanded his brigade at the battles of Las Animas and San Juan. When Santiago surrendered he was appointed military governor of that city. Later he was assigned to the command of the department of Santiago and also civil governor of the province of Santiago. On Dec. 20, 1898, he was appointed military governor of Cuba and governed the island until he turned it over to President Palma.

## ANTICIPATING THE CENSUS.

Forecast of the Population of Leading American Cities in 1910.

An expert statistician who has done work for the census bureau at Washington has figured out the population of American cities in 1910, basing his estimates upon past growth, building statistics, city directories and local censuses. The result with gains in ten years for the seven cities at the head of his list is here presented:

|          | Population. | Gain.     |
|----------|-------------|-----------|
| New York | 4,437,202   | 1,000,000 |

## IT'S ONLY NATURAL.



CHINA—"Huh! Big gal smilee long Jap. Say he all li! Make big gal smilee me. Say John all li, too!"—Chicago News.

## THE UNLUCKY CZAR.

Long List of Mishaps Which Have Attended His Career.

It has been suggested that Nicholas II, Czar of all the Russians, is the unluckiest of living men. One would have no difficulty in showing at least that the Czar has had more mischance than any other monarch on a throne.

His first mishap was that which prophetically came to him in Japan. He was touring Europe and Asia in 1891 with Prince George of Greece. At Utsuri, Japan, although he had had splendid entertainment from the Mikado, there was a feeling antagonistic to Russia, and a Japanese drew a sword to kill him, when Prince George thrust it aside.

Afterward a Japanese maiden, in atonement, went to a temple, placed a sword hilt down on the ground and fell upon it. You might call the event good or bad luck, since the then Czarewicz was preserved.

But what he was preserved for was to turn later the first sod of the Siberian Railway at the eastern end; and for the dignity—which he in no measure desired, but shrank from—of the crown which came to him soon after by reason of the death of his father, Alexander III, at Livadia.

This attack occurred in May—a month eventful to Nicholas II. It was in May that he was born, thirty-seven years ago, and in May he was crowned, eleven years ago.

He did not want at 26 to rule the destiny of 130,000 people. He had always detested official life and the homage of courtiers. But the duties and responsibilities of autocracy fell upon him.

He began badly. On the occasion of his coronation thousands of his poorer subjects were crushed to death on Khudynskoi Plain. On that plain came what many regarded as the fatal evidence of the ill luck which pursues and makes his life woeful. Just before his accession he had become betrothed to the Princess Alix of Hesse. This, too, was outside his reckoning. Gossip had it that he didn't want to marry a German princess, and that the Princess Helene d'Orleans, daughter of the Comte de Paris, was very much admired by him.

However much a liberal at heart, the best accounts agree that the Czar took up his inherited authority first with distaste, and then with firm purpose of continuing his father's policies. He kept his father's counselors, and de-

clared he would uphold the principle of autocracy.

His ill luck interfered here, too. Pobledonotseff was obliged to retire. Muraviev was taken from him by sudden death. M. de Plehve, his baleful minister of the interior, a Muscovite grand vizier, was destroyed by a bomb. His best beloved uncle, the Grand Duke Sergius, was blown to pieces by a bomb. His governor of finance was struck down.



CZAR NICHOLAS.

Death has threatened his own person many times. In Italy, in 1903, a man named Goertz was apprehended in time to spoil a plot of assassination. An anarchist obtained admission to a state reception at the palace at Tsarskoe-Selo in the uniform of a superior officer of the gendarmierie and was discovered with bombs in his pockets, just in time. A girl student, Mile. Merzhevsky, was frustrated in an attempt to kill him at the spring review in 1904.

When, last January, with his court blessing the water of the river Neva, a shrapnel from a battery which was firing a salute exploded near the royal pavilion, killing one man and wounding others.

He completed the Trans-Siberian Railway, as his father desired, in order to consolidate Russian power in Asia and extend Russian trade, industry and commerce. But this railway was one of the causes that brought about the unlucky war with Japan.

## WOMEN AS WAGE EARNERS.

Latest Census Figures Offer Instructive Information.

It is the desire of every woman who looks upon life at all seriously to make herself able to win her own way, says the Delinquent. This does not always mean the earning of money. Often, when the circumstances are fortunate, there is no compelling necessity, but even then the desire exists. It is the boast of not only one but scores of wealthy families that the daughters could take care of themselves if poverty should come. But employment, while a requisite in right living, is not all. The positive quality of achievement is the strong note in modern womanhood. And so we find women making progress in almost every avenue of action and of enterprise. We have before us a list of things she has done and won in the past few months. They include practically the whole program from inventions to medals for heroism and the discovery of a new star. We read of the employments in which she finds welcome and profit—several hundreds of them embracing almost all work that is worth while. How many women are making their way? The figures vary, but four or five millions in America alone draw wages that pay for their support and besides that put into the savings banks from fifty to a hundred million dollars every year.

The latest census figures offer instructive information. For instance: Women journalists increased from 883 in 1890 to 2,195 in 1900; women lawyers increased from 203 in 1890 to 1,010 in 1900; women authors and scientists increased from 2,764 in 1890 to 5,984 in 1900; women musicians and teachers of music increased from 84,519 in 1890 to 52,359 in 1900; women physicians and surgeons increased from 4,557 in 1890 to 7,357 in 1900; women teachers and professors increased from 246,066 in 1890 to 327,614 in 1900; women stenographers and typewriters increased from 21,270 in 1890 to 96,118 in 1900; women telegraph and telephone operators increased from 8,474 in 1890 to 22,556 in 1900. In ten occupations the women increased more than 1,400,000 in ten years. That was for the period between 1890 and 1900. Who will venture to guess the figures for the decade into whose second half we are now entering.

Divorces are hereditary in families, the same as red hair and weak eyes.

to wait a while and that then they can kill not only the foreigners at hand, but those who are sent to avenge their deaths.

The people of the United States do not as yet fully realize the significance of the government's action in collecting troops in the Philippines with a view to the possible outbreak of hostilities in China. The growing antipathy in the latter country is too threatening to be ignored. Attacks on missionaries in the interior and dangerous riots in Shanghai and elsewhere, to say nothing of the persistent boycotting of American goods and of individual Americans, indicate that a ferment throughout large sections of the empire has profoundly influenced the masses of the Chinese.

China is a vast enigma which no foreigner can even pretend wholly to understand. However, something like a real patriotic movement is growing up there, the leaders being students and merchants in treaty ports, who believe that it is necessary to overthrow the old regime, and, while asserting the dignity of the ancient race to which they belong, draw all its elements together by making common cause against the supercilious foreigner. Owing to prejudice, superstition and other dangerous offshoots of ignorance, the Chinese are capable of dreadful outrages when stirred up by designing persons. Fortunately the central government of China is in abler hands than it was at the time of the Boxer rebellion. There is reason to hope that it now has the power as well as the desire to restrain the masses from making any concerted attack upon foreigners.

Military spirit in China has had a great growth since the beginning of the war between Russia and Japan. "Young China," as represented by the student class, is mad with desire to prove its prowess in battle. Meanwhile, official China has gone to work methodically to overcome its historic impotence. Under the direction of its greatest administrator, Viceroy Yuan Shih-kai of Chili province, a powerful, well-equipped and well-drilled army has been brought into existence. Intelligent observers who witnessed the recent army maneuvers near Peking report that the effectiveness of these yellow soldiers is astonishing.

Chicago ..... 2,298,575 600,000  
Philadelphia ..... 1,818,697 525,000  
St. Louis ..... 975,238 400,000  
Boston ..... 740,802 180,000  
Baltimore ..... 608,957 100,000  
Cleveland ..... 601,768 220,000

Of these seven cities New York, Chicago and Cleveland were the only ones that showed an increase of more than 30 per cent in the decade between 1890 and 1900. St. Louis had 27.3 per cent; Boston, 25.1; Philadelphia, 23.6, and Baltimore, 17.2. Under the new dispensation St. Louis would go soaring. Her percentage of increase would leap far beyond that of Chicago in the last decade. It would be less than the Chicago rate between 1880 and 1890, but it would be on some accounts much more remarkable. For St. Louis has not been conspicuous as a racer.

Precedents are rudely overturned also in the case of Philadelphia. Starting with a population some 400,000 less than that of Chicago, that city is given an absolute increase nearly equal to Chicago's and a considerably larger relative increase, also to the confusion of precedents. These are the most notable of the predictions, and it is evident that they have little relation to past gains.

Cleveland is given an increase of about 60 per cent, as against 46 per cent in the last decade, but a very high rate was to have been expected from her past growth. On the other hand, Chicago is dropped from 54 per cent to about 35 per cent. Her precedents are knocked into smithereens to her very great disadvantage. In building increases in cost for 1903 over 1904 were: New York, 60 per cent; Brooklyn, 44; Chicago, 32; Philadelphia, 37; St. Louis, 65; Cleveland, 48. It would require a larger survey to get at the significance of the factor in the calculations and also a very careful analysis.

## Notes of Current Events.

Maj. Gen. Corbin and staff sailed from Manila for Hongkong, leaving Maj. Gen. Wood in charge of the island army.

St. Louis police are forbidden to swear while on duty. The first patrolman who violated the new order was fined \$30.

Myron J. Amick, a former Indian fighter and fellow scout of Buffalo Bill, died in New York. He was born at Elgin, Ill., in 1844.

Carl Blake, manager of the Metropole Club at Minneapolis, arrested for operating a gambling house, changed his plea to guilty.

Eight months in jail was the sentence confirmed by the Louisiana Supreme Court against Dominick C. O'Malley, the well-known turfman, for libeling Mayor Behrman of New Orleans in his paper, the Item. O'Malley also was fined \$5,000 for libeling Attorney Luzenburg.

## 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. The extract is Black Cherrybark. 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.

The "Golden Medical Discovery" is a scientific preparation compounded of the glycerine extracts of the above mentioned vegetable ingredients and contains no alcohol or harmful habit-forming drugs.

**The Statue to the Pilgrims.**  
On Plymouth Hill stands the imposing statue to the pilgrims. Its base is granite and supports a seated figure at each of the four corners with eyes searching the surrounding country, while a woman's figure crowns the top. On the pedestal is inscribed the name of every man, woman and child that came over in the Mayflower.—St. Nicholas.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure the local treatment, pronounced it incurable. Science has proven Catarrh to be a constitutional disease and therefore requires constitutional treatment. Hall's Catarrh Cure is a new method by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c. Take Hall's Family Bank for confidence.

**Gain in Banking Power.**  
With only a twentieth of the world's inhabitants, the United States has two-thirds (\$14,000,000,000) of the world's banking power (capital, surplus, deposits and circulation). Our ascendancy here has been obtained in the last two decades. Since 1890 the world's banking strength has grown 105 per cent, while that of the United States has expanded 170 per cent and that of New York City 200 per cent. Of the \$2,500,000,000 of the weekly average of the bank clearings of the ninety-three cities which make reports New York contributes two-thirds. New York City's bank clearings average 25 per cent in excess of London's.

And the greater part of this stupendous banking growth in New York City and the United States in general has taken place within the easy recollection of thousands of persons who in their various employments are still actively at work.

Contemplating the vast expansion which has given the United States a long lead over all other countries in manufactures and mining, which has placed American products in every market on the globe, which has built up in this country a railway system which comprises two-fifths of that of the entire earth and which has increased the country's wealth from \$500,000,000 in Washington's day to \$10,000,000,000 in Roosevelt's, the American banker, using the words of Aeneas, can say: "All of this I saw and part of this I was."—Leslie's Weekly.

## UNDER WHICH KING.

"The More Postum the More Food—the More Coffee the More Poison." The President of the W. C. T. U. in a young giant State in the Northwest says:

"I did not realize that I was a slave to coffee till I left off drinking it. For three or four years I was obliged to take a nerve tonic every day. Now I am free, thanks to Postum Food Coffee.

"After finding out what coffee will do to its victims, I could hardly stand to have my husband drink it; but he was not willing to quit. I studied for months to find a way to induce him to leave it off. Finally I told him I would make no more coffee.

"I got Postum Food Coffee, and made it strong—boiled it the required time, and had him read the little book, 'The Road to Wellville,' that comes in every pkg.

"To-day Postum has no stronger advocate than my husband! He tells our friends how to make it, and that he got through the winter without a spell of the grip and has not had a headache for months—he used to be subject to frequent nervous headaches.

"The stronger you drink Postum the more food you get; the stronger you drink coffee the more poison you get." Name given by Postum Co., Battle Creek, Mich.

There's a reason.