

## A FEDERAL HEALTH BOARD.

It is gratifying to note that the bill for the creation of a federal health board will not be allowed to pass without a protest. Reports of organized resistance come from all parts of the country, and it may be that the opposition will soon be sufficiently solidified to defeat a project that promises infinite mischief for the community, and suffering and injustice for the individual.

The proposal is based upon those specious claims that are notoriously hard to controvert. If a federal health board were to confine its activities to the prosecution of the law upon hygienic matters, the abatement of quackery, and to the purity of drugs, it might be possible to say much in its favor, although it would still be difficult to say that such an organization is needed. But we know that it will attempt to do far more than this, seeing that its adherents have loudly proclaimed their intentions. Indeed, there is no secrecy about them. It is confidently expected that the board will consist of advocates of one school of medicine only and that the methods of that school will be not only recommended, but enforced upon the nation. Indeed a board that was in any way representative of the medical profession as a whole would be stultified by its own disagreements. Outside the domain of simple hygiene, for which we need no federal board at all, there is no single point of medical practice upon which allopaths, homeopaths, eclectics and osteopaths could be in unison. Any board that could be devised by the wit of man must be composed of representatives of one school only, and this means that all other schools are branded, as of an inferior caste, even though nothing worse happened to them. And something worse would happen to them. If we are to establish a school of medicine, if we are to assert that the government of the United States favors one variety of practice more than others, why not establish also a sect of religion and bestow special authorities upon Baptists, Methodists and Episcopalians? An established school of religious conjecture seems somewhat less objectionable than an established sect of pseudo-scientific conjecture.

Those who suppose that a federal board of health would have no concern with individual rights are likely to find themselves undeceived. It is for the purpose of interfering with individual rights that the proposal has been made. We need no special knowledge of conditions to be aware that what may be called unorthodox methods of healing have made sad inroads into the orthodox. Homeopathy claims a vast number of adherents who are just as well educated and just as intelligent as those who adhere to the older school. Osteopathy, eclecticism, and half a dozen other methods of practice are certainly not losing ground. Beyond them is the vast and increasing army of those who may be classed under the general and vague name of mental healers. Those who are addicted to any of these forms of unorthodoxy need have no doubt as to the purposes of the federal health board. Those purposes are to make it difficult for them to follow their particular fads and fancies, to lead them, and if necessary to drive them, from medical unorthodoxy to medical orthodoxy.

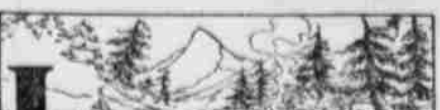
Now the Argonaut holds no brief for any of the excesses and the superstitions connected with the care of the body in which this age is so rife. But it does feel concerned for the preservation of human liberty and for the rights of the individual to doctor himself in any way he pleases so long as he does not indubitably threaten the health of the community. He may take large doses or small ones, or no doses at all; he may be massaged, anointed with oil, or prayed over, just as the whim of the moment may dictate, and probably makes no particle of difference which he does. But he has the right to choose, just as he chooses the color of his necktie or the character of his underclothing. It is not a matter in which any wise government will seek to interfere. This is precisely the liberty that the health board intends to take from him. Orthodox medicine, conscious of its losses, is trying to buttress itself by federal statute, to exact allopathy the status of a privileged caste, and to create an established school of medicine just as some other countries have allowed themselves to create an established school of religion. It is for the common sense of the community to rebuke that effort and to repel an unwarranted invasion upon elementary human rights.—San Francisco Argonaut.

**A Drain of the Company.**  
On his way home from the theater, where he had seen a performance of "Othello," Bobby was unusually quiet. "Didn't you enjoy the play," his grandfather asked at last. "Oh, yes, very much," replied Bobby. "But, grandpapa, there's one thing I don't quite understand. Does the black man kill a lady every night?"—Fouth's Companion.

**Natural Deduction.**  
"Papa, are lawyers always bad-tempered?"  
"No, daughter; why do you ask that?"  
"Because I read so much in the papers about their cross-examinations."

**Kindred Spirits.**  
"Lady," said Plodding Pete, "I ain't had a square meal in two days."  
"Well," said the resolute woman as she turned the dog loose, "neither has Towser, so I know you'll excuse him."

# THE KITCHEN CABINET



**LET'S pretend,** just for today, our hearts are free from woe, the wind blows just the way we would like to have it blow.

Let's pretend that what we do in the work we like the best. Let's pretend the scene we view is of all the loveliest.

Let's pretend we're satisfied. Let's pretend we're brave and strong. Maybe life, we have tried, we can do it right along.  
—S. E. Kiser.

### IDEAS WE SHOULD HEED.

It may seem to the majority of women that advice concerning the washing of coffee and tea pots was entirely unneeded; but knowledge of facts show that poor coffee is more often the result of unclean pots than from inferior coffee.

Tea and coffee pots should be washed after using them just as carefully as one does their good china, and left to air in the sunlight, if possible. The ideal way to serve tea is in using a teaball at the table, but for every-day life most people are too busy for such pleasures, so that a stone or earthen teapot is best to use.

Teapots that are not in frequent use will become musty, and should be scalded and well aired before using. If a lump of sugar is left in a company pot it will absorb the impurities.

Coffee pots should never stand around with the grounds in them. If coffee is to be warmed over, drain it and reheat when wanted. If the coffee pot is emptied as soon as the meal is over and filled with cold water and boiled the pot will always be sweet.

Coffee is better and pots are easier cleaned if cheesecloth bags are used to hold the coffee or, better still, have a percolator.

A raw egg or two beaten up and milk or cream added, with a little sugar, a pinch of salt and a grating of nutmeg will often be most satisfying when the stomach has a spell of rebellion.

**WE SHALL do so much in the years to come.**  
But what have we done today?  
We shall give out gold in a princely sum.  
But what did we give today?  
We shall lift the heart and dry the tear.  
We shall plant a hope in place of fear.  
We shall speak with words of love and cheer.  
But what have we done today?  
—Nixon Waterman.

### SUGGESTIONS AND ECONOMIES.

When washing windows or mirrors do not use soap, but instead a little ammonia or alcohol, which will make them shine.

Rub the bottom of a dish that must be used in the fire with lard and the smut will be easily wiped off.

A delightful invalid drink is made by blending a half cup of grape juice with a cup and a half of strong lemonade.

If the cake flavoring has been forgotten, sprinkle a little over it as it is in the pan before baking.

Figs and dates with a few raisins make a delicious combination with chopped apples for a salad.

Four to six drops of either camphor or turpentine dropped on loaf sugar will relieve a cold if taken in the beginning.

Instead of sewing hangers on towels for the kitchen, make button holes in the corners and they will last as long as the towels.

The flavor of a cup of cocoa is improved if a few drops of vanilla are added to it.

A good floor cleaner is turpentine rubbed into the hard wood floor and followed by a cloth wet with linseed oil.

When a little has food burned on never scrape it, but put soda and water to the dish and boil slowly until the burned mixture is softened and easily removed.

In extreme cases of insomnia a hot water bag at the feet and an ice bag at the back of the head will afford quick relief.

**H**OPES a magical compound. To increase our strength, we've found, it can charm our bars and barriers all away. With its impulse, which we borrow, we can always do tomorrow. Lots and lots of things we never do today.  
—N. Waterman.

**MORE CHEESE DISHES.**  
Cheese, being so rich in proteid, it may take the place of more expensive meat dishes.

**Cheese Wafers.**—Sprinkle crackers generously with grated cheese, dust

over a little salt and cayenne pepper, and bake in the oven until the cheese is melted.

**Cheese and Olive Salad.**—Mash a cream cheese, moisten with cream, and season with salt and cayenne. Add six olives finely chopped, lettuce finely cut and half a can of sweet red peppers cut in strips. Press in original shape of cheese and let stand two hours. Cut in slices, separate in pieces and serve on lettuce leaves with boiled or mayonnaise dressing.

**Gnocchi a la Romana.**—Melt a fourth of a cup of butter, and when bubbling add a fourth of a cup of flour, the same amount of cornstarch and two cups of milk. Cook three minutes, stirring constantly. Add the yolks of two eggs slightly beaten, and a half cup of cheese. Pour into buttered mold or shallow pan and when cool cut in squares or strips, sprinkle with a fourth of a cup of cheese and brown in the oven. Serve from the dish in which it is baked.

**Cheese Omelet.**—Beat two eggs slightly, add one-half a teaspoon of melted butter, a little salt and pepper and a tablespoon of cheese, grated. Into the omelet pan add a tablespoonful of butter and when melted pour in the mixture, cook until firm, sprinkle with grated cheese and serve with graham bread sandwiches.

**Cheese Fondue.**—Mix together a cupful each of bread crumbs and scalded milk; add a fourth of a pound of cheese cut in small pieces, a tablespoonful of butter and a half teaspoonful of salt. Beat the yolks of three eggs until thick and add, then cut and fold in the whites, beaten until stiff. Pour into a buttered baking dish and bake twenty minutes in a moderate oven.

**THE best thing to take** people out of their own worries is to go to work and find out how other folks' worries are getting on.  
—Mrs. Whitney.

### BEWARE OF TOO MANY SWEETS.

Half the ills of life might be eliminated if our food was properly chosen, we are told, and during or just after the holidays many will suffer from so-called bilious attacks, which mean over-worked livers. Sugar eating in the various forms of candy and cakes is responsible for bad livers, sick headaches, muddy skins and the "seal brown taste" in the mouth.

In the ordinary course of digestion starchy foods reach the circulation as sugar. This is carried to the liver by the portal system and stored to be used by the body. If we ever eat such foods as potatoes, bread and sweets, we overcrowd the liver.

Children can easily cultivate an appetite for sweets, but if they never get the habit much suffering for all concerned is avoided.

Sweet fruits contain sugar that is thoroughly satisfying and wholesome, and little people may be early taught to buy such things, instead of candy.

It is quite a remarkable fact that children who have been so reared that they have had little or no sweets are rarely apt, when reaching maturity, to care enough for such food to overindulge.

The errors in diet that are begun in childhood undermine the vitality, and in time the body is not able to expel the waste and ward off disease.

A child may be plump and the picture of health, and yet by a little over-work or exposure to disease the improperly-nourished body succumbs.

To be natural is to be well. All conditions of sickness are in some way penalties for the transgression of nature's laws. The most readable lesson we have is that "the sins of the fathers shall be visited upon the children," and still the evil goes on, through ignorance and carelessness.

Sweet fruits, such as dates, raisins and ripe bananas contain sugar in its most acceptable form, and appetites deprived of such wholesome sweets will turn for gratification to those which are fermentable and injurious.

A child may be as easily started right as wrong, when it comes to feeding, for the mother is the architect, and how they build will tell in later years.

Three hundred thousand babies die in our land every year, more from ignorance in regard to diet than from any other cause.

**Nellie Maxwell.**  
"Manana."

In describing the daily life of a certain distinguished citizen of the republic, a writer in the Review of Reviews gives, by way of contrast, the story that follows:

This calls to mind an English humorous writer who sketched out his daily programme as follows: Rise at noon; breakfast at one; a stroll to the club; attention to mail; some afternoon calls; a ride in the park; dinner; a round of evening parties, and then to bed.

"But when do you do your literary work?" he was asked.  
"Why, the next day, of course," was the reply.

## COSTS LESS THAN 55 CENTS A BUSHEL TO RAISE WHEAT IN CANADA.

A FREQUENT QUESTION ANSWERED.

Western Canada probably suffered less from weather conditions during the year of 1911 than did almost any other portion of the country. Seeding was most successful and the growing conditions up to July were never better. Crops of all kinds showed wonderful growth at that time and were universally good, but there was not the usually excellent ripening weather in August and the effects of this were felt. Many fields that late in July promised 40 and 50 bushels yield of wheat were reduced to 25 and 30 bushels, while some of course gave the full expectancy and others somewhat less. The quality was also lowered. In face of these conditions, it is found that during the months of September and October, the total amount of contract wheat marketed and inspected was about 20 million bushels, which realized a total of 18½ million dollars, the average price for this wheat being 97½ cents; that below contract for the two months was a little over 15 million bushels, which at an average price of 89½ cents per bushel realized a little over eleven million dollars, or a grand total for all wheat of 35 million bushels, which realized a total of a little over thirty-one million dollars.

On the first of November, there was in the hands of the farmers of Manitoba, Saskatchewan and Alberta for sale and seed about 130 million bushels of wheat, from which fact some idea may be had of the value of the wheat crop of 1911.

A careful canvass made by the Winnipeg Free Press made of a number of men farming in a large way indicates that even with the extreme expense of harvesting the crop, which has been caused by the bad weather and difficulty in threshing, wheat has been produced and put on the market for less than 55 cts. a bushel. The average freight rate is not over 13 cts. per bushel. This would make the cost of production and freight 68 cts. and would leave the farmer an actual margin on his low-grade wheat of 17½ cts. and for his high-grade wheat of 19½ cts.; and though this is not as large a profit as the farmer has every right to expect, it is a profit not to be despised, and which should leave a very fair amount of money to his credit when all the expenses of the year have been paid, unless the value of low-grade wheat sinks very much below its present level.

**Meant to Be Real Bad.**  
Two little girls residing in East Eighty-sixth street, Virginia Clough and Claire Feldman, who had long envied their boy playmates for their ability to enjoy such badness as is inherent in boys, resolved to be bad themselves. To this end they shut themselves up in Virginia's room and proceeded to be naughty. In fact, they practiced swearing—just to see what would happen.

When they were quite sure that none would overhear them each produced a slip of paper containing the swear word and fired away.

"Bulldog!" said Virginia.  
"Cigars!" was Claire's reply.

But the ceiling didn't drop, and there was no earthquake to swallow them up, and the two resumed their play, a trifle disappointed at the tame termination of their badness.—Cleveland Leader.

**Men Who Live Long.**  
The longevity of artists is almost proverbial, and the case of Mr. Thomas Robert Macquoid, who at the age of ninety-one is still painting, is remarkable, but not unparalleled. T. S. Cooper, R. A., exhibited at the Royal Academy for several years after passing his ninetieth birthday; John Massey Wright, a water color artist, born in 1773, was fully occupied and in active work up to the time of his death at the age of ninety-three. Most notable, however, was Titian, who, born in 1477, lived just one year short of a century, and continued to paint pictures until the very last.—London Chronicle.

**Read It Differently.**  
A man was charged with stealing a sheep belonging to Sir Garnett Fitz-Maurice.

"I found the poor creature straying on the road, me lord, an' was just drivin' it home," pleaded the accused.

"Can you read?" asked his lordship.  
"A little, me lord."

"You could not have been ignorant, then, that the sheep belonged to your landlord, Sir Garnett Fitz-Maurice, as his brand, 'G. F. M.' was on the animal."

"True for ye, me lord, but sure I thought the letters meant 'Good Fat Mutton'!"

**Good.**  
The Father—but what special qualifications has your school that might interest my son?

The Principal—Just tell him that we overlook the Hudson and non-attendance at classes.—Puck.

As a man's mind is bent, so is his tongue inclined.

There are few shade trees in the average man's field of labor.

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### Modern Methods.

Moliere had written many plays to ridicule doctors and medicine. Louis XIV. heard that the author had, however, a doctor at his service since he became famous and well to do, so the king one day called upon Moliere and said to him:

"I have heard, Moliere, that you have a physician. What is he doing to you?"

"Sire," answered the author of the Malade Imaginaire, "we chat together, he writes prescriptions for me, I don't take them, and I am cured!"—Life.

### In Deep Water.

Jack's Uncle (coming up on piazza)—What do you suppose? Jack has just rescued that young widow, Mrs. Wiles, from the surf!

His Aunt—There! I expected something of the sort. Now we'll have to rescue Jack.—Boston Transcript.

### Excitement.

"What's that racket out there?"  
"That's Fido. He's chased your fuzzy hat up the hall tree."

There is seldom any money in the helping hand a man is willing to lend.

Lewis' Single Binder straight 5¢ cigar. You pay 10¢ for cigars not so good.

One puglist never offers to fight another just for fun.



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