

WORLD'S FAIR TALK.

MR. WELLMAN WRITES OF HIS VISIT TO CHICAGO.

The Congressman Who Recently Visited the Metropolis of the Central West De-lighted—Chicago's Rapid Growth—Its Business and Its Enthusiastic People.

[Special Correspondence.]

WASHINGTON, March 3.—Having been out to Chicago to see the World's fair grounds and buildings I have some gossip to tell you that is not particularly related to affairs at the national capital.

Chicago is without question the most interesting city in the world. It is a marvel in itself, a source of continual amazement to its visitors, but in its World's fair it has a different sort of marvel, a distinct and quick creation, typical of Chicago itself and yet as broad and many-sided as the world for whose use and entertainment it is intended.

I am not going to describe to you the World's fair grounds as they are today, except to say that the progress made there amazed and delighted all the senators and representatives from Washington who recently traveled to Chicago to see them.

Chicago is essentially a city of superlatives. It is the city of "the greatest."

It has had the greatest growth known among all the municipal communities of the world.

It is greater than any other concrete city in area. It is greatest in parks and in boulevards. It is greatest in tributary railway mileage, one-fourth of all the railway tracks of the world meeting within its limits.

It is greatest in number of vessels leaving and arriving at its port. It has the greatest hotels, the greatest auditorium, the tallest buildings. It has the greatest newspapers in the world, is the greatest subscription book publishing center, and on the authority of Edwin Arnold has the most perfect newspaper building and plant on the globe.

These are only a few of the greatest things which Chicago has, and while one stands agast at the great monopolies and great fortunes which she is building up, it is comforting to reflect that she will also have two of the greatest libraries in America—the Newberry and the Crerar—and that in the Chicago university, which John D. Rockefeller has just endowed with another million dollars, she is building up with characteristic energy one of the greatest institutions of learning on this continent.

By long odds the best of her greatest things is Chicago's public spirit. Fortunately indeed is she in possession of this superlative. Famed throughout the country is Chicago for her propensity to "brag." Who has not heard of Chicago "wind"? But when you go to that city and see what Chicago "wind" really is you like it. It is genuine love for and pride in his city which leads the typical Chicagoan to boast, wherever and whenever he finds opportunity, of the greatness and the achievements of the municipality to which he owes allegiance second only to that which he owes to the stars and stripes.

In Chicago public spirit is the rule and not the exception. The men who have nothing but their day's work to depend upon join hands with the men who have made their tens of millions in working for Chicago. At Jackson park, when the visiting statesmen and journalists were inspecting the World's fair preparations I saw H. N. Higginbotham, the financier of the firm of Marshall Field & Co., which does an annual business of \$40,000,000 a year, and who is himself a millionaire, walking side by side and arm in arm with Bob Nelson, the labor leader, who probably doesn't own a thousand dollars in the world.

At the Commercial club's banquet Philip D. Armour and Senator Peffer sat side by side—one the twenty-millionaire packer, the other the high priest of the Farmers' Alliance. Chicago, you see, is a city of contrasts as well as superlatives. This public spirit brings men of all sorts and conditions together.

Where is there another city whose millionaires, business and professional men would give up their own affairs month after month for the public good, as the men of Chicago have been doing since the World's fair-work was started in earnest? While in Chicago I was much impressed by the energy and self sacrifice of prominent men in the cause which now lies near their hearts. A hundred of the most successful men of the city left their business to escort the visitors about in Jackson park. The Commercial club, which is composed of forty millionaires, gave the city's guests a magnificent banquet, and every one of the millionaires was there. These are the men who have built up Chicago.

Their work of planning and scheming could not be laid aside altogether even for the pleasures of the table, and I noticed many consultations going on in quiet corners. About 1 o'clock in the morning, as the guests were dispersing, Mr. Fred Peck, that Chicago man of matchless energy and public spirit who built the famous Auditorium, said to me:

"You don't know how hard we are working out here. Tomorrow, for instance, I have three World's fair committee meetings to attend. The first is at 10 a. m. and will keep me two hours. The second is at 1 p. m., and if I get away at 3 I will be lucky. The third meets at 3 and will fill out the afternoon. This is the way we are working for the fair and have been working for a year and a half. We not only subscribe our money, but give our time without pay or hope of any other reward than the satisfaction of having performed a public duty. The men of Chicago feel that their city's reputation is at stake in this matter, that the honor

of the American republic has been committed to their care, and they are struggling manfully under the burden of responsibility. The men who are doing the bulk of the work are men who do not expect to reap a dollar of benefit, directly or indirectly, from the exposition."

What would you expect a World's exposition to be in a city of such men as these? Another superlative, another "greatest on earth," of course. It is with this feeling you go down to Jackson park to see what has been done there. Your expectations are already high. But in a moment, after a rapid survey of the scene, you lift your hands in amazement while your brain in vain endeavors to evolve an adjective befitting the occasion.

At least that is the way it was with me, who am naturally enthusiastic; but it was so also with such cold blooded men as Senators Peffer, Shoup and Gallinger, and Representatives Enloe, Coolidge, Jerry Simpson and scores of others. Tongue cannot tell nor pen describe the scene on the shores of Lake Michigan in Jackson park. Even the graphic art fails, and pictures are but suggestions of the magnitude and magnificence there found. It out Chicago Chicago—out superlatives the superlative.

I am not going to attempt to describe it, but I will hint at it. Imagine a square mile or more of ground which less than two years ago was for the most part a swamp. Chicago passes over it the wand of her magic energy, and now you behold a dozen palaces rearing their roofs toward the sky. The swamp is converted into a park. Lagoons and wooded islands embellish the landscape. Hundreds of miles of sewers, water mains, gas pipes, electric conduits are put in—it is like creating a city in a night.

A police force with a hundred patrolmen is organized, a fire department with a half dozen fully equipped engine houses provided. Ten thousand men work on grounds and buildings. Only one of these great palaces is nearly completed, and it is a characteristic of essentially modern, alert, adaptable Chicago that this one is a silent tribute to this woman's golden era—the Woman's building. Other palaces are half done, one-quarter done or just begun. The floor of one is so vast that a dozen United States Capitols could be set down upon it—"larger," says Senator Peffer, "than the farm I used to till in Indiana."

In another is a steel arch larger than any other erection of a similar kind in the world. Crowning still another is to be a dome greater and grander than the dome of the Capitol or St. Peter's. One is to have a doorway of solid 18-carat gold and a companion door of solid silver. At every step new wonders unfold till the visitor, stopping to kick some mud off his boots and assure himself he is not in fairyland, asks if these stupendous plans can be carried out, if the giant buildings can ever be finished in time for the opening day.

In the Woman's building a map of the grounds is hung upon the wall. A big, strong man, muffled in a greatcoat, stands before it, pointer in hand, explaining to the visitors the landscape and architectural designs. He is Chief Constructor Burnham, and in this forest of palaces, this cluster of superlatives upon which 10,000 men are working, there does not appear to be a stone, a brick, a truss, a spike, a timber which he has not before him in his mind's eye.

Instinctively the audience concludes and whispers one to another, "There is a Chicago man; see how he grasps everything; he is master of the situation." And when, a moment later, Mr. Burnham modestly says all these buildings will be ready for dedication next October and for occupancy two or three months later, there is not a doubting Thomas within sound of his voice. There is universal agreement that if this masterful man, this typical Chicagoan, says so, 'tis so.

Best of all is not the magnitude, nor the matchless speed with which work is driven, nor the gold door, nor the superlative steel arch and gilded dome—big things we expect of Chicago. The best is the art and the beauty of every detail, every effect. Not only is Chicago building on a vast scale, but she is building with an artistic sense, in form and color, with dignity, with impressiveness, with every structure and every integral part thereof perfectly adaptable to the function required of it. Art is old and Chicago is young; but Chicago was wise enough to trust not to herself, but to call her architects from all parts of America and her artists from all the schools in the world.

If Jackson park in midwinter, with buildings in embryo and mud, with lagoons mere morasses, with no color yet applied and all decorative effects still lacking, with a hundred minor buildings not begun and an air of newness and confusion about everything that is—if the World's fair of February, 1892, can capture the imaginations of skeptical visitors, what will the World's fair of 1893 do, when the palaces shine with color, with statues, with flags and ornamentation, when innumerable lesser structures picturesquely fill out the background, when a great pier and casino adorn the water's edge and steamers and pleasure boats fill the bay, when the banks of the lagoons present a mass of green in vines and flowers and their waters teem with gondolas, and when mankind gathers there to see what good, useful and beautiful things man hath wrought in this world's workshop?

My hope is that you and I and all of us will be there to see.

WALTER WELLMAN.

A Pen Sketch of Governor Northen.

W. J. Northen, present governor of Georgia, is one of the most widely known and popular men in the south. He is a farmer by occupation, and takes great pride in rearing fine cattle and raising fine crops. For some years he contested with the late Hon. Primus Jones the honor of "getting the first bale of cotton to market." He is in the prime of life, hale, vigorous and full of ideas. His pet hobby is the future of the new south, and he believes in encouraging immigration.

Popularity of Fur.

Fur continues to grow in popularity. On some of the new walking dresses it is used in a band three or four inches wide around the skirt, with a narrow band of Russian braid woven in gold, silver, and black on either side of it. A similar trimming is around the neck and at the wrists of the sleeves. With a dress thus trimmed, a Russian belt is indispensable. It is made of rows of the Russian braid set together and studded with metal nail-heads, lined with silk, and fastened with a single or double metal buckle. This is much less costly than the genuine Russian belt or metal. To what I have previously said in regard to trimming evening gowns with fur, I must add the caution that it is an ornament for rich women only. Cheap dyed and imitation furs would be in the worst possible taste for such use. Some of the fur bands used for trimming dresses are laid on bands of bias velvet, which extends beyond the fur at the edges. Feather bands are used in the same manner, and some of those now out are extremely pretty, especially those of lophophore or ostrich and peacock feathers mingled. Feathers, indeed, are rivaling furs. A new way of using them is weaving them in patterns or spots on a braid foundation, making a pretty and original trimming. On light colored satins—ivory, pale yellow, Nile green, or sky blue—black ostrich feathers are charming.

Jet Corsets and New Blouses.

Corsets of jet almost as deep as a peasant bodice are among the midwinter novelties. They are made of rows of jet galloon closely fitted around the figure, and are sometimes completed by shoulder straps of the galloon. There are also bretelles of jet going up over the shoulders from a narrow belt or a girdle of jet, while other gowns, notably one of light tanned Bedford cord, have a broad corset of jet on the front of the corsage, with bretelles in the back. Evening dresses of black jetted net are completed by a jet corset.

About Hair Dressing.

For the evening coiffure illustrated, the hair is divided into front and back hair behind the ears. A small lock is braided and pinned down at the top of the back to serve as a foundation for the coil. The back hair is then parted in the middle and the front hair on the left side; at the left side front and back hair are taken back together and pinned to the knot, and at the right side they are taken up separately and pinned; the hair is then coiled and a tuft of curls is added. The short front hair is curled. A bunch of feather thistles is placed toward the left side. For the second coiffure the hair is divided behind the ears, and a lock of the back hair is braided and pinned at the top. The hair on the forehead is long, and is waved and pinned back to this lock; the short hair on the temples is curled. The hair is then divided at the middle of the back, each half is taken up at the sides and back and pinned, and the ends are arranged in an oblong twist. When the natural hair is insufficient it is taken up in a small knot, and a chignon like that illustrated is added; this consists of a small twisted switch with a puff and four curls at the center, and a shell comb added.



HAIR DRESSING.

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Capas are Disappearing.

The cape wrap is gradually disappearing. It is now almost limited to sorties de bal, and even for them is considerably modified. A pretty wrap for the street as well as for a theatre wrap recalls the peplum, and might appropriately be called a peplum mantle. It is made of dark cloth and of the dress material for the street, and for the evening of light colors—largely ivory white. For a street wrap the lining is often light-colored plush; and for evening, broche silk, perhaps streaked with gold or silver. The wrap is medium long, and composed entirely of large round pleats. The fronts are considerably longer than the back, and each terminates in a point. The pleats may have a band of rich passementerie. Long jackets will be worn again in the spring, and often of the dress material to complete a costume. The trimming is confined to the front edges and the wrists and shoulders of the sleeves, and may be of braiding or embrodered, with an admixture of jet and gold or silver beads, with somewhat of a military character.

Fashion Notes.

Women who have the white Patsley shawls of twenty or thirty years ago laid away among their treasures, should produce them now and make them over into the prettiest of opera cloaks. They are lined with shot silk or brocade of bright colors, and have double shirred capes of the border edged with its own fringe. A pretty way of introducing color into sinner gowns, is to make the facing frills, which form an indispensable feature of every trained skirt, of some brightly contrasting color. One elegant gown, all in black, with jet embrodered to the knees, has three scarlet frills for a facing. When the skirt is on the floor they are hidden, but as soon as the wearer lifts the gown the bright color gleams out with good effect.

THE HOT WATER CURE

HERE'S A LETTER ABOUT IT BY AN ENTHUSIAST.

J. H. Connelly Tells How a New York Doctor Experimented with Various Sorts of Food and the Astonishing Results—Creating Disease and Curing It. [Special Correspondence.]

NEW YORK, March 3.—The curative use of hot water was a popular fad seven or eight years ago, and doubtless did then much more harm than good—a result naturally to be expected from the ignorant employment of any force or remedy. People swelled themselves with hot water, without any better reason for so doing than somebody's gueswork assurance that it might do them good; without any conception that dietary restrictions might be necessary; without even knowledge of when or in what quantities the water should be taken. Many doctors antagonized the treatment, some possibly because it is one in which a medical adviser is by no means essential, but many more, doubtless because they were ignorant of the profoundly scientific principles upon which it is based.

The gigantic error of those claiming to be therapeutists has been in dealing with established pathological conditions, instead of the cause of which they were but symptomatic. Happily, the more intelligent of the profession now recognize this fact, and the advocate of a properly directed "hot water treatment" is no longer heard as "the voice of one crying in the wilderness," even among physicians. But it concerns the health, happiness and life of all human beings to know that all our diseases—excepting those arising from injuries, parasites, poisons and infections—spring from a common cause, and that each one of us has it in his power to banish that cause, or to cure the maladies produced by it, if they have not reached an absolutely hopeless stage. Sweeping as that affirmation may appear to be its correctness is clearly demonstrable.

That veritable Pandora's box of a cause of disease is simply improper or unhealthful alimentation; the feeding upon foods that ferment instead of being digested in the stomach and bowels. The scientist who primarily enunciated and proved this discovery and originated the "hot water treatment" for the successful elimination of that cause is Dr. James H. Salisbury, of New York. In 1849, when he was principal of the chemical laboratory of the New York state geological survey, this doctor (who was a graduate of the Albany Medical college) commenced the study of germ diseases, a field in which he ranks among the chief microscopists of the world. In 1854, after a long course of chemical analysis and microscopic study to demonstrate—as far as might be by those means—the relations between alimentation and disease, he entered upon the field of personal experiment, testing upon himself the effects of exclusive feeding upon a variety of foods, and in 1856 got to hiring healthy, abledomed men to submit themselves to similar experiments. The demonstrations uniformly obtained during two years of those experiments were eminently satisfactory, and as far conclusive as it was possible they could be while stopping, as they necessarily did, short of the death point. But, to put the results of his work beyond question, he felt it requisite to carry them to the extreme, and to this end used up nearly 2,000 hogs, tending, feeding, watching and dissecting them.

In addition to years of patient, hard and skillful scientific work the doctor devoted to his unprecedented studies of alimentation, the cash cost of his experiments was over \$40,000. It is characteristic of the careful conservatism and modesty of the man that though the records of those experiments and the important discovery deduced from them had been completed and ready for the printer by 1867, publication in its entirety was delayed for several years, and the results of his work were employed for the instruction of the medical profession and not for the trumpeting of his personal fame to the public. Not until the cure of many hundreds of so called "incurable" cases in England and this country had put beyond all reasonable doubt both his discovery and his method of treatment did he bring out his big book on "Alimentation and Disease."

That book is, of course, better understood and appreciated by educated physicians than by the general public, but a condensation in plain language of what it sets forth cannot but be of great interest to everybody and of inestimable importance to those suffering from disease. The keynote of it is, "Improper alimentation is the predisposing cause of disease." Improper alimentation is the feeding upon food which the digestive organs cannot readily and perfectly digest, notably—for our race—an excess of starchy and saccharine materials, which are highly fermentable. These develop large quantities of carbonic gas, alcoholic and acid yeasts, which poisonous products and acid forming plants partially paralyze the mucus surfaces, by which they are then taken up and carried into the blood. Fibrinous deposits as thrombi in the heart and the large vessels leading to it ensue, and when those filamentous masses break loose they are liable to be carried along by the blood stream until they produce embolism. At the same time overnutrition of the tissues leads to the formation of various tumors. Weak and overtaxed organs are most promptly attacked, and among the symptoms marking the existence and progress of the cause now operating are:

Consumption, in all its phases, including "chronic diarrhea," and "summer complaints" in children; dyspepsia, in all its forms; rheumatism, in all its varieties; gout, Bright's disease, locomotor ataxy, cretinism, all fibrous tumors, fibroids and cancerous growths; all paralytic diseases, except those arising from injuries, poisons and infections; softening of

the brain and in cases of insanity which have not been produced by injuries, inflammations and effusions; all forms of deafness and diseases of the eye and ear that have not resulted from injuries, poisons, exposures and infections; all catarrhs, thickenings, and fibrous diseases of the digestive organs and air passages, aside from those caused by injuries, poisons and infections; asthma in all its forms, except such as result from animal and vegetable parasites; all fatty diseases of the heart and other organs, except such as result from injuries; anemia in its various forms; most cases of prolapsus of the bowels and uterus; many demented conditions, hypochondria, most cases of loss of voice, erysipelas, eczema, scald head, etc.

All these maladies are caused by the normal processes of cell feeding, cell digestion, cell assimilation, cell organization and cell elimination having become more or less deranged, the various organs and tissues yielding to pathological invasion in consequence of being supplied with abnormal, imperfect material for carrying on their normal functions in a physiological manner.

The primary indications of consumption were readily produced by special feeding in the human subjects of Dr. Salisbury's experiments, and in a great number of the unfortunate hogs that he fed with fermented and fermenting food. The malady was produced and cultivated to a successfully fatal issue. By the hot water and meat diet treatment, too, he has cured it in a great number of cases, as have other physicians following his methods, with as much certainty and uniformity as has attended its intentional production.

Special interest attaches to his food experiments. The half dozen sturdy fellows whom he put on a diet of baked beans and coffee exclusively, all showed symptoms of locomotor ataxy, or progressive paralysis, on the tenth day and by the sixteenth day not one of them could walk straight without support; all had chronic diarrhea, heart palpitation and oppressed breathing.

Four hearty, well men were put on oatmeal porridge—seasoned with butter, pepper and salt—with a pint of coffee containing sugar and milk, at each meal. Constipation, flatulence, headache and dizziness were afflicting them all on the eighth day. In two days more these conditions had become violent; exertion produced heart palpitation, and they were full of wandering pains, with pricking in feet and hands.

These disorders grew more intense and painful—with neuralgia induced in three cases—until from the twenty-third to the twenty-fifth days, when diarrhea set in, and the record is full of such entries as, "Eyes wild, hearing impaired, head confused, memory poor, legs and feet numb, quite deaf and listless, heart palpitates and very irregular," up to the thirtieth day, when it was deemed imprudent and unsafe to carry the experiments further, and in four days more, by a meat diet and hot water, the men were restored to normal health. It may be well to observe here that in all cases men experimented upon were as thoroughly and quickly cured of their abnormal conditions by those means.

Violent chronic diarrhea, such as often prevails in armies and is known as "camp diarrhea," was produced in three hearty, strong men by feeding them exclusively upon army biscuit in from nineteen to twenty-one days—a spell of constipation preceding—and microscopic examinations proved that they were literally filled with the yeast germs already mentioned. Each had marked symptoms of locomotor ataxy and partly lost the use of his lower limbs.

Bread, rice, wheaten grits, hominy, sage, tapioca and potatoes were each fed to four or six men at a time for periods of from forty to forty-five days before serious diseases and symptoms were produced. Green peas and string beans ranked next in point of alimentary qualities. Green corn, turnips, beets and squash quickly produced unpleasant and grave derangements, but of all vegetables asparagus was found most injurious when lived upon alone. Seven days is about as long as it would be safe to subsist on this plant, owing to the effect upon the kidneys.

Patients have lived exclusively on beef and mutton for from three to four years. Still, if one sticks to them too long they are liable to become monotonous and may cause "meat dyspepsia," which is dangerous. People who live exclusively on vegetable food, as the Hindus, are enabled to do so by inherited organic tendencies. Their stomachs are of little or no use to them. The pyloric valve being permanently paralyzed remains open, so that vegetable matter passes directly into the proper field of its digestion. The new treatment restricts the patient to purely animal, and consequently nonfermenting, food—good lean beef or mutton, with poultry allowed, say, once a week. No vegetables, bread, cereals, fruits, pastry or sweets are permitted. From a pint to a pint and a half of water as hot as it can be drank must be taken two hours after and one and a half hours before each meal and one hour before retiring. A good time table for the hot water is 6 a. m., 11 a. m., 4 p. m. and 9 p. m., meals supposedly being at 8, 1 and 6, and bedtime 10 p. m., half an hour being allowed for slowly sipping the water each time.

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