

vander of Wyoming as associate justices of the supreme court.

Authority to construct the first electric railway on the Panama canal zone was granted by the war department. Henry T. Cook of New York was licensed to construct, maintain and operate an electric street railway system.

Wade H. Ellis of Ohio declined an appointment to the judgeship in the customs court of appeals tendered him by President Taft to fill the vacancy caused by the promotion of Judge William H. Hunt to the commerce court.

Here is a Washington dispatch printed generally throughout the country. "The United States is almost wholly unprepared for war and the Atlantic, Pacific and Gulf coasts would be at the mercy of any of the powers, should our navy be defeated. The regular army is inadequate and the militia is not effective. This startling statement has been prepared by the war department in answer to a resolution adopted by the house last session. The resolution was offered by Representative James McLachlan of California and called on the secretary of war to furnish the house with a detailed statement of the preparedness of the United States to repel a foreign invasion and protect our coasts and to state the condition of the armed forces of the United States. This was

carefully done by the war department and the statement would have been forwarded to the house but for interference of Representative Tawney, chairman of the house appropriations committee. He learned of the war department's answer and at once sought Secretary of War Dickinson. He told the secretary that to send the information to the house would be like exploding a bomb. It would cause a big stir and might result in business depression. Congress, he said, would largely augment the army and navy. The picture painted by Representative Tawney caused the secretary to decide not to send the information to congress at present. The deficiencies in defenses are to be corrected, however, and the safety of the nation assured, the plan being to establish by congress a permanent council of national defense to be composed of members of the legislative and executive branches of the government. Representative Hobson of Alabama, who is familiar with the situation, is now at work on a bill providing for the council. He expects to have the measure in shape this week, when he will introduce it in the house."

A newspaper dispatch under date of Washington December 14 says: "Champ Clark will not appoint the committees of the house in the Sixty-second congress. This was the definite statement made by Representative Oscar Underwood of Alabama, one of Mr. Clark's most intimate associates on the democratic side and heir to the chairmanship on ways and means in the event that the old

method of appointing committees prevails. The announcement of Underwood is the first statement from the minority to the effect that the fight of the progressive democrats for further reform in the rules of the house, although short, has been successful. 'It is now apparent,' said Mr. Underwood, 'that the next speaker of the house will not appoint the committees. It is evident that the country generally believes that the democrats elected to the Sixty-second congress pledged themselves to take from the speaker the power of appointing committees. The democrats are going to redeem every pledge made during the campaign and reform of the rules is one of the pledges which will be redeemed.'

The senate adopted a resolution by Senator LaFollette declaring that all the testimony taken in the rate increase cases before the interstate commerce commission since July 1, last, be forwarded to the senate.

The Tucker resolution providing for the election of United States senator by direct vote of the people was adopted by the senate judiciary subcommittee.

Senor Don Anibal Cruz, minister from Chile, died at Washington of heart failure.

Senator "Lafe" Young of Iowa made his maiden speech in the senate December 15. Referring to this speech an Associated Press dispatch says: "Incidentally he stepped on

the toes of his colleague, Senator Cummins, and while agreeing that tariff revision was necessary, refused to indorse the Cummins proposal to amend the rules of the senate and house to bring such a thing to pass. In closing he called on the republicans pledged to a revision to accomplish all they can by March 4, and then 'to subside with their agitation and give the country a rest.' My colleague on Tuesday said there was gross inequality in the tariff enacted in 1909,' began Mr. Young. 'This statement is undoubtedly true and would be true if my colleague and those in sympathy with him were to put in the next five years in re-writing the schedules. Schedules are prolific in opportunity for attack. It has always been true and will continue to be true so long as there is a duty on imports.' With the declaration that tariff legislation never could be made perfect nor universally satisfactory, Mr. Young urged that the duty of public men and the public press was to accept the Payne-Aldrich law and let the country get down to the transaction of business. He pointed out that changes in the bill would not stem the tide of criticism setting in from those interests whose welfare is touched. 'The tariff ought to be revised,' he continued, 'as the president has suggested, in a scientific way, one schedule at a time. I might not be willing to object to the rule by my colleague, which would prohibit the offering of amendments to a schedule which might be pending, were I not afraid

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That Suit for Libel

Against the Postum Cereal Co., Ltd., Gave a Splendid Chance to Bring Out Facts

A disagreement about advertising arose with a "weekly" Journal.

Following it, an attack on us appeared in their editorial columns; sneering at the claims we made particularly regarding Appendicitis.

We replied through the regular papers and the "weekly" thought we hit back rather too hard and thereupon sued for libel.

The advertisement the "weekly" attacked us about claimed that in many cases of appendicitis an operation could be avoided by discontinuing indigestible food, washing out the bowels and taking a predigested food, Grape-Nuts.

Observe we said MANY cases not all.

Wouldn't that knowledge be a comfort to those who fear a surgeon's knife as they fear death?

The "weekly" writer said that was a lie.

We replied that he was ignorant of the facts.

He was put on the stand and compelled to admit he was not a Dr. and had no medical knowledge of appendicitis and never investigated to find out if the testimonial letters to our Co. were genuine.

A famous surgeon testified that when an operation was required Grape-Nuts would not obviate it. True.

We never claimed that when an operation was required Grape-Nuts would prevent it.

The surgeon testified bacteria (germs) helped to bring on an attack and bacteria was grown by undigested food frequently.

We claimed and proved by other famous experts that undigested food was largely responsible for appendicitis.

We showed by expert testimony that many cases are healed without a knife, but by stopping the use of food which did not digest, and when food was required again it was helpful to use a predigested food which did not overtax the weakened organs of digestion.

When a pain in the right side appears it is not always necessary to be rushed off to a hospital and at the risk of death be cut.

Plain common sense shows the better way is to stop food that evidently has not been digested.

Then, when food is required, use an easily digested food. Grape-Nuts or any other if you know it to be predigested (partly digested before taking).

We brought to Court analytical chemists from New York, Chicago and Mishawaka, Ind., who swore to the analysis of Grape-Nuts and that part of the starchy part of the wheat and barley had been transformed into sugar, the kind of sugar produced in the human body by digesting starch (the large part of food).

Some of the State chemists brought on by the "weekly" said Grape-Nuts could not be called a "predigested" food because not all of it was digested outside the body.

The other chemists said any food which had been partly or half digested outside the body was commonly known as "predigested."

Splitting hairs about the meaning of a word.

It is sufficient that if only one-half of the food is "predigested," it is easier on weakened stomach and bowels than food in which no part is predigested.

To show the facts we introduce Dr. Thos. Darlington, Dr. Ralph W. Webster, chief of the Chicago Laboratories, and D. B. Sachs, N. Y.

If we were a little severe in our denunciation of a writer, self-confessed ignorant about appendicitis and its cause, it is possible the public will excuse us, in view of the fact that our head, Mr. C. M. Post, has made a lifetime study of food, food digestion and effects, and the conclusions are indorsed by many of the best medical authorities of the day.

Is it possible that we are at fault for suggesting, as a Father and Mother might, to one of the family who announced a pain in the side; "Stop using the food, greasy meats, gravies, mince pie, cheese, too much starchy food, &c., &c., which has not been digested, then when again ready for food use Grape-Nuts because it is easy of digestion?"

Or should the child be at once carted off to a hospital and cut?

We have known of many cases wherein the approaching signs of appendicitis have disappeared by the suggestion being followed.

No one better appreciates the value of a skilful physician when a person is in the awful throes of acute appendicitis, but "an ounce of prevention is worth a pound of cure."

Just plain old common sense is helpful even nowadays.

This trial demonstrated Grape-Nuts food is pure beyond question.

It is partly predigested.

Appendicitis generally has rise from undigested food.

It is not always necessary to operate.

It is best to stop all food.

When ready to begin feeding use a predigested food.

It is palatable and strong in Nourishment.

It will pay fine returns in health to quit the heavy breakfasts and lunches and use less food but select food certainly known to contain the elements nature requires to sustain the body. May we be permitted to suggest a breakfast of fruit, Grape-Nuts and cream, two soft boiled eggs, and some hot toast and cocoa, milk or Postum.

The question of whether Grape-Nuts does or does not contain the elements which nature requires for the nourishment of the brain, also of its purity, will be treated in later newspaper articles.

Good food is important and its effect on the body is also important.

"There's a Reason"

Postum Cereal Co., Ltd.,
Battle Creek, Mich.