

# THE COURIER

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## OBSERVATIONS.

### Dietetics.

The inhabitants of India and of China who are confined almost exclusively to a vegetable diet are small and short-lived. The curious, flabby and pallid texture of the skin, observable in the patients and converts to Battle-Creek doctrine is possessed by the Indian (of India) and in the Chinaman of the coolie class. The latter does not eat meat because he can not afford to buy it. His grandfather and his great-grand-father, nor any one of his most ancient lineage ate meat since that part of the world grew so crowded and Budha discovered that beasts had souls and it was murder to kill them. Therefore in the Orient a vegetable diet has been persisted in long enough to furnish reliable experimental data for the rest of the world. A vegetable diet makes men more peaceable, but until all the rest of the world adopts it, let us hope that Americans will remain carnivorous, for all the Powers are meat-eaters. An experiment as a nation (though there is no danger of it) on the effects of a vegetable diet might be the opportunity of war to our neighbors who, perchance, covet our territory and remember with bitterness the unbroken series of victorious American wars. Among nations the first in war, are also the first in literature, invention, science, art, music, education and civilization. Since the Chinese began to eat vegetables they have neither invented nor learned nor written anything. They have a literature of proverbs and wise sayings like Tupper's proverbial philosophy. They still believe the world flat. They still teach an absurd astronomical system. The transportation and traveling facilities in China are just

what they were a thousand years ago or whenever they left off eating meat, except for the railroads foreigners have built there. Aggressive, powerful quadrupeds eat meat. The bear, the lion, the tiger, all animals with large muscles that other animals are afraid of and who can get a living in unpromising localities are carnivorous. The English, American, Frenchmen, German belong to the carnivora and they have enough to eat because they are strong and brave enough to get it. True the life of the carnivora is war-like. They hunt and are hunted till they die, but the giraffe, the gazelle, the rabbit and the mouse are hunted too and die of a series of years made up of panic-stricken flights. Not until the doctors and patients at Battle Creek Michigan and Union-College, Nebraska get rid of that pallid, heavy skin which hangs on their faces will any large number of healthy people agree with them that their experiment is a success. The vegetarians and the Seventh Day controversialists have made a pact. They eat no meat and celebrate Saturday instead of Sunday. There is doubtless a connection between these two which the carnivora have never discovered. The relationship is so subtle that those who keep the first instead of the seventh day have not been able to figure it out.

The corn propaganda which is attempting to substitute all sorts of mushy breakfast foods for oatmeal, and parched and ground corn for coffee, is a service to Nebraska which is pre-eminently a corn state. But oatmeal and coffee lovers are not to be cajoled by advertisements and agents who are paid to depopularize oatmeal and coffee. What is one man's food is another man's poison and diet is a matter of personal, individual experiment in spite of the learned and more or less interested discussions on oils, starch and acids.

### Kruger's Reception.

It is not that the French love Kruger but because of their hereditary hatred of the English that they have welcomed him so enthusiastically. Put a dog who has never seen a cat, and a cat who has never seen a dog, in the same room, and the cat's fur will rise, her back will arch and her pupils will narrow to a flame; the dog will bark and his tail will vibrate rigidly after the long-established custom of dogs at war. There will certainly be a fight and perhaps a fatality, though these two individuals of the feline and canine species have never seen each other before, and have, therefore, no specific grudge to settle. Herr Kruger owes his reception in France to hereditary and feline hatred of the English. The French are not used to champion Dutch grievances and if they were caused by anyone but the English it is doubtful if Kruger would be made so much at home in France. The

French government regulates its expressions of welcome with a careful eye to the watchful English over the channel. But the French people who cannot be held responsible allow themselves to become effusive over this rich Boer farmer who has fled with the money of the Transvaal in his possession.

### The White Rose Mission.

The White Rose Mission of New York is illustrative of the possibilities there are for helping the colored women to a more wholesome and brighter life. The mission was started by nine or ten colored women four years ago, with very small means to assist them in their undertaking. Classes in sewing, cooking, sight singing, kindergarten and manual training were organized in a district of dense negro population. At present the headquarters consist of five small, plainly furnished rooms. The greatest pleasure of the children in the neighborhood is in pointing out the "mishing," as they call it, for there is no notice over the door. Training as a kindergarten teacher has been secured for one of the young girls. Another is in the Y. W. C. A. taking a course in manual training in order to teach it to the boys. The aim is to found a home for colored girls, "where they may be trained in self-help and right living." The mission is now incorporated as an industrial association with three hundred dollars in the bank, as the beginning of the building fund.

It does not seem probable that the majority of educated colored women will wish to use their energy and their culture for the benefits of clubs of white women, when the women of their own race, and certainly a race tie is strong, need all the encouragement and assistance that they have time to give them. White women can not do for colored women what colored women can do for each other. The difference of race prevents them from being the same inspiration and giving the same needed sympathy. Certainly clubs of white women also could better and more truly aid in the advancement of colored women were they for the present by gifts of money or personal interest to assist or organize such institutions as the White Rose Mission.

### Liberty.

Scripturally liberty is not made much of. Democracy can not be deducted from the Bible, yet men who talk much at the public from platforms or from the back of chairs at public dinners, or in the newspapers ascribe the directions for attaining human liberty to God. That fine inner monitor who can not be summoned to a public bar doubtless reveals divine plans, but public speakers do not urge a special revelation indicating the sacredness of human liberty. They speak with authority,

and without argument, assert that liberty is the greatest of God's gifts to man. God's chosen people were led from one captivity into another and from each one they emerged a more learned, a more intelligent, a more capable people. Serving is a training and discipline of the spirit. No sane man or woman is ever free. To a devout mind the conquest of the Philippines by the Americans is the breaking down of the barriers between the orient and the occident. Our civilization is far from perfect, but it is at least more energetic than Chinese and Filipino civilization. It is not dead, from century to century it changes and a view of the whole shows a marked improvement in morals and manners since 1800. In 1900 women laced almost to suffocation, and men drank to intoxication at dinner time without shocking anyone. Now the man who habitually drinks too much has no social standing. Large average improvements can be perceived in the conduct of every day home and business life. At least foreign observation of the Orient fails to report any change in the standard of manners and morals for a much longer time than one hundred years. Some of the rabidest anti-imperialists insist that the Chinese and Filipinos are just as good as we are and do not practice many of our vices. The latter may be true, but the fixity of their customs and the strength of their traditions prevent development. Ours is a growing, developing, strenuous civilization and it is going to do the Filipino and the Chinaman good, if we can get them to take it in large enough doses and keep up the treatment. Though they must give up their hopes of immediate autonomous government in order to acquire it.

### Advertising.

It is suspected that the showman who offered Mr. Bryan twenty thousand dollars a year to manage his show for him did it for an advertisement. The yellow newspaper publisher in Denver is also regarded with suspicion. Both offers have occupied space on the first pages of all the daily newspapers and the showman and the publisher are satisfied. Meanwhile Mr. Bryan is quietly resting. He does not seem to resent the impertinence of editors who are speculating upon what he intends to do and as to what is his exact relation to the democratic party. There are good democrats capable of the leadership of the party, but none of them are so well known as Mr. Bryan and it is questionable if the rank and file will accept any one but Mr. Bryan who has after six years made himself known to every one of the eighty-six millions of people in this country. To get to be a household word on the lips of eighty-six million people and in 17,000,000 homes is a feat which no ordinary man can perform in six years. Millions of men have spent a