

The General Assembly.

IN THE HOUSE OF REPRESENTATIVES.

Separate Coaches for the Whites and Blacks—The Cigarette Tax is Held With and a Tax Imposed.

Mr. Gage's bill to prohibit the manufacture and sale of cigarettes was taken up and passed over to permit Mr. Epps' bill on the same subject to be considered first.

Mr. Sincier said that the United States court of appeals had recently decided exactly similar bills unconstitutional.

Mr. Ashley moved to strike out the enacting words of the bill. Both bills were unfavorably reported.

Mr. Epps thought that it was time to put a stop to the injury that was being done to the youth of the State by the sale of cigarettes. He thought their lives were being endangered.

Mr. Sincier said, if any one could satisfy him that this law was constitutional he would vote for the bill. The circuit court of appeals had decided adversely to such a bill.

Mr. Winkler knew of no more damnable habit to the youth of this country than that of smoking cigarettes. It was a bill to command itself to the members of the general assembly. He held that the law decision covered a different case. He was satisfied that the bill would stand. If it injured the tobacco industry, let the tobacco industry go rather than ruin the boys of the State.

Mr. Cushman argued that the boys would purchase smoking tobacco and use the worst kind of paper to make cigarettes. Why not pass a bill if you are going to do this to include all kinds of smoking tobacco, cigars, etc.

Mr. deLoach said that all physicians agreed that cigarettes ready made were most dangerous. That was the most harmful way in which tobacco was used.

Mr. Speer explained the position of the committee and declared himself in favor of the bill. He said that the bill was not the province of the general assembly to legislate parentage.

Mr. Gage did not belong to that class of men who wanted to take care of his fellowman, but said he had protection for the people from this evil. One great evil was the tendency to drink liquor; the other greatest was the smoking of cigarettes. He said it was a curse.

Mr. Patton rose when Mr. Gage asked any one who did not think it a curse to raise his hand, and said he had been chewing tobacco and smoking pipes, cigars and cigarettes for 20 years, and he submitted that he was perhaps a better physical specimen than his friend. (Laughter.)

Mr. Patton, making a pretty quotation and application, went on to say that some men were prone to attack the pet vices of others.

Mr. Patton resumed his argument on the cigarette bill at the night session, saying the worst thing about tobacco was its cost, from 10 cents a drink to 3 cents a drink; now they would raise the price of cigarettes, the lesser evil. He said he thought that the house was going to refuse to prohibit the sale of liquor. He said that the dispensary law would stand the test of the courts. If they would pass it as a revenue measure, then it was unjust and discriminating.

Mr. deLoach replied, saying that the smoking of cigarettes was not to be compared with the smoking of pipes. He argued that the dispensary law decreases the drinking of liquor. Mr. deLoach was a reformed cigarette smoker himself.

Mr. deLoach's amendment to make the privilege tax 10 cents instead of 25 cents was then killed, after being considered again, there being some doubt as to its having been voted upon at the morning session.

Mr. Ashley offered to amend by adding the following words: "Nor shall any cigar be sold without complying with the terms of this act, or pipe be sold without a stamp, or pipe stem, or shall any pipe be used more than three days without being cleaned; and further that no man shall chew tobacco more than once." This created loud laughter. Of course nothing was done with the amendment. The bill was then ordered to a third reading in this shape:

Section 1. That no package of cigarettes sold or offered for sale shall contain more than five cigarettes, nor shall any package of cigarette paper sold or offered for sale contain more than 100 leaves of length and width now used.

Section 2. That every such package of cigarettes or cigarette paper shall have thereon a privileged tax stamp as hereinafter provided for, which shall be furnished to dealers in cigarettes or cigarette paper by the county treasurer of the county in which the package is sold. The stamp shall be in the form as follows: "Number—State of South Carolina: This is to certify that the privilege tax of this package has been paid to the county treasurer."—Comptroller General, S. C.

Section 3. That the privilege tax stamp for cigarettes or cigarette paper shall be in the form as follows: "Number—State of South Carolina: This is to certify that the privilege tax of this package has been paid to the county treasurer."—Comptroller General, S. C.

Section 4. That all persons violating any of the provisions of this act shall, upon conviction thereof, pay a fine of not less than \$50 nor more than \$100, or imprisonment with or without hard labor for not less than 20 nor more than 30 days.

and shall be furnished by the comptroller general to the county treasurers upon demand, who shall account for them and the sales of each year to the comptroller general.

Sec. 4. That all persons violating any of the provisions of this act shall, upon conviction thereof, pay a fine of not less than \$50 nor more than \$100, or imprisonment with or without hard labor for not less than 20 nor more than 30 days.

THE JIM CROW CAR BILL.

When Mr. Caughman's Jim Crow car bill, which had been unfavorably reported, was called up Mr. Meares moved to strike out the enacting words.

Mr. Caughman defended his bill. He thought it was their duty to legislate for the benefit of the Caucasian race in the State. He was fully aware that this bill had been fought over every two years since '76. He feared that as the years rolled by intermarriage of the races might come. He argued that the railroads would not suffer. He urged the fact that most of the other Southern States had such laws.

Mr. Reynolds said that the unfavorable report of the committee was of course of weight in this matter. He said there had been a growing feeling that this legislation was unnecessary.

Mr. Pollock, of the railroad committee, resented the statement of Mr. Caughman that the committee had heard railroad men on the bill, who they hadn't notified him of the consideration. He said that a railroad representative did appear before the committee, but the committee didn't care to hear anything special on the subject, because the subject had been discussed for 20 years and every man possibly had his mind made up on the subject. He could see no argument in the fact that other States had passed such a law. South Carolina was supposed to be the best judge of her own needs and she could do as she pleased for such a bill. Usually the traveler in the State was not so large as to require separate coaches. Color was not the only consideration any way. His experience was that colored men in first-class coaches always behaved themselves decently and respectfully. He saw no necessity for the bill.

Mr. Kinard, of Abbeville, said he believed in keeping the negroes separate from the white gentlemen and ladies. The race question is a deep one and the only way to settle it is to keep a well marked line between them under all circumstances.

Mr. Cushman said he had never heard any complaint as to the operation of the law where it is in force. If the law is needed in other States, so much more do we need it, for our colored population is much greater in number than in any other State. It would require no hardship on the railroads, because a simple division of a passenger car into two compartments would be sufficient.

Mr. Reynolds said the trouble about negroes was infinitely greater on street cars than on railroads. He would drive them out of business.

Mr. Eild said with all due deference to the colored man and his rights, he must raise his voice in behalf of this bill. To vote to kill this bill was to say that they approved of negroes riding in the same cars with white people.

Mr. Rogers said the tendency on the age was to decide all such questions in the light of their utility. This was a question which rose far above utility and all questions of expense.

Mr. Sturkie had always favored the Jim Crow car bill. He said that if these negroes blotted out of the State, he would be glad to see them go.

Mr. Kinard spoke of the water closet problem, urging that matter. He said that some of the arguments against the bill were sound.

Mr. S. Smith said they needed the bill but he favored the lower portion of the State. He argued for the bill.

The previous question was then called on the whole matter. The House refused to strike out the enacting words by a vote of 80 to 19, as follows:

Ayes—All, Armstrong, Asbill, Ashley, Austell, Bacon, Bailey, Banks, Bland, Bland, Broadland, Carraway, Carson, Caughman, Chalmers, Davis, Gadsden, Gage, Hines, Johnson, Keith, McBratton, Mitchell, McKown, Pollock, Pyatt, Reynolds, Thomas, J. P., Jr., Vincent—19.

Nays—All, Armstrong, Asbill, Ashley, Austell, Bacon, Bailey, Banks, Bland, Bland, Broadland, Carraway, Carson, Caughman, Chalmers, Davis, Gadsden, Gage, Hines, Johnson, Keith, McBratton, Mitchell, McKown, Pollock, Pyatt, Reynolds, Thomas, J. P., Jr., Vincent—19.

Mr. Pollock went for Mr. Kinard in quite a warm manner in regard to his assertion that the practice of the races traveling in the same coaches was an incentive to amalgamation.

Mr. Rogers remarked that if it were possible the world would be better off if these negroes blotted out of the State.

Mr. Kinard spoke of the water closet problem, urging that matter. He said that some of the arguments against the bill were sound.

Mr. S. Smith said they needed the bill but he favored the lower portion of the State. He argued for the bill.

The previous question was then called on the whole matter. The House refused to strike out the enacting words by a vote of 80 to 19, as follows:

Ayes—All, Armstrong, Asbill, Ashley, Austell, Bacon, Bailey, Banks, Bland, Bland, Broadland, Carraway, Carson, Caughman, Chalmers, Davis, Gadsden, Gage, Hines, Johnson, Keith, McBratton, Mitchell, McKown, Pollock, Pyatt, Reynolds, Thomas, J. P., Jr., Vincent—19.

Nays—All, Armstrong, Asbill, Ashley, Austell, Bacon, Bailey, Banks, Bland, Bland, Broadland, Carraway, Carson, Caughman, Chalmers, Davis, Gadsden, Gage, Hines, Johnson, Keith, McBratton, Mitchell, McKown, Pollock, Pyatt, Reynolds, Thomas, J. P., Jr., Vincent—19.

Mr. Pollock then offered to amend so as to give the railroad commission authority to order Jim Crow cars put on when in their judgment it became necessary.

Mr. Smith opposed any amendment from anybody or any of the members of the committee. They wanted the bill passed as it was. After a little debate between Messrs. Smith and Pollock, the former moved to table the amendment, but withdrew the motion to let Mr. Pollock advocate his amendment.

Mr. Yeldell said that unless this amendment went in, the bill would have to be extensively amended. He thought it should be left to the railroad commission.

Mr. Pollock's amendment was then tabled.

Mr. Meares wanted to amend so as

to make it effective on November 1, 1897.

As a substitute for this, Mr. Sturkie offered to amend so as to provide for nurses, vestibule trains, etc., and to make the act effective July 1, 1897.

Mr. Meares insisted on the date he had suggested. The House refused to let it stand until November.

Mr. Sturkie's amendment was then agreed to.

Mr. Gadsden then offered an amendment to do away with the second-class fares, in order to put this State on a footing with the other Southern States.

Mr. Townsend moved to table this, and it was done.

Mr. Laurin offered to amend so as to make the road, carry separate second-class as well as first-class coaches. Mr. Sturkie opposed this, saying it would work a hardship on all roads. The amendment was then adopted.

Mr. Owen offered an amendment looking to the elimination of all reference to slavery from the bill, but the House tabled it.

The bill was then ordered to a third reading in this shape:

Sec. 1. That all railroads or railroad companies engaged in this State as common carriers of passengers for hire shall furnish separate apartments in first and second-class coaches or separate first and second class coaches for the accommodation of white and colored passengers; provided, equal accommodations shall be supplied to all persons, without distinction of race, color or previous condition, in such coaches.

Sec. 2. That any first or second-class coach of such carrier of passengers may be divided into apartments by a substantial partition, in lieu of separate coaches.

Sec. 3. That should any railroad or railroad company, its agent or employee violate the provisions of this act, such railroad or railroad company shall be liable to a penalty of not more than \$500 nor less than \$300 for each violation, to be collected by suit of any citizen of this State, and the penalty shall be equally divided between the citizen bringing the suit and the State of South Carolina.

Sec. 4. That the provisions of this act shall not apply to nurses on train, or to relief trains in cases of accidents nor to through vestibule trains.

Sec. 5. That the provisions of this act shall not go into effect until July 1, 1897.

BILL AD' AS A TEACHER.

The Cost of a Good Dinner—How Knowledge is Acquired and Disseminated.

There is no column in a newspaper that is so attractive and instructive as that devoted to questions and answers. Indeed, if any whole page were left apart to this mode of diffusing knowledge, it would all be read.

There are books enough, of course, but the masses of the people have not got them and can not buy them. Cyclopedias are expensive, but almost every successful newspaper is well equipped with such works and can readily refer to them and answer the questions correctly.

I was ruminating about this because of the eagerness with which my own family peruse all the questions in The Constitution and The Home and Farm and then make research to answer them.

There are books enough, of course, but the masses of the people have not got them and can not buy them. Cyclopedias are expensive, but almost every successful newspaper is well equipped with such works and can readily refer to them and answer the questions correctly.

I was ruminating about this because of the eagerness with which my own family peruse all the questions in The Constitution and The Home and Farm and then make research to answer them.

There are books enough, of course, but the masses of the people have not got them and can not buy them. Cyclopedias are expensive, but almost every successful newspaper is well equipped with such works and can readily refer to them and answer the questions correctly.

I was ruminating about this because of the eagerness with which my own family peruse all the questions in The Constitution and The Home and Farm and then make research to answer them.

There are books enough, of course, but the masses of the people have not got them and can not buy them. Cyclopedias are expensive, but almost every successful newspaper is well equipped with such works and can readily refer to them and answer the questions correctly.

I was ruminating about this because of the eagerness with which my own family peruse all the questions in The Constitution and The Home and Farm and then make research to answer them.

There are books enough, of course, but the masses of the people have not got them and can not buy them. Cyclopedias are expensive, but almost every successful newspaper is well equipped with such works and can readily refer to them and answer the questions correctly.

I was ruminating about this because of the eagerness with which my own family peruse all the questions in The Constitution and The Home and Farm and then make research to answer them.

There are books enough, of course, but the masses of the people have not got them and can not buy them. Cyclopedias are expensive, but almost every successful newspaper is well equipped with such works and can readily refer to them and answer the questions correctly.

I was ruminating about this because of the eagerness with which my own family peruse all the questions in The Constitution and The Home and Farm and then make research to answer them.

There are books enough, of course, but the masses of the people have not got them and can not buy them. Cyclopedias are expensive, but almost every successful newspaper is well equipped with such works and can readily refer to them and answer the questions correctly.

I was ruminating about this because of the eagerness with which my own family peruse all the questions in The Constitution and The Home and Farm and then make research to answer them.

There are books enough, of course, but the masses of the people have not got them and can not buy them. Cyclopedias are expensive, but almost every successful newspaper is well equipped with such works and can readily refer to them and answer the questions correctly.

I was ruminating about this because of the eagerness with which my own family peruse all the questions in The Constitution and The Home and Farm and then make research to answer them.

There are books enough, of course, but the masses of the people have not got them and can not buy them. Cyclopedias are expensive, but almost every successful newspaper is well equipped with such works and can readily refer to them and answer the questions correctly.

I was ruminating about this because of the eagerness with which my own family peruse all the questions in The Constitution and The Home and Farm and then make research to answer them.

There are books enough, of course, but the masses of the people have not got them and can not buy them. Cyclopedias are expensive, but almost every successful newspaper is well equipped with such works and can readily refer to them and answer the questions correctly.

I was ruminating about this because of the eagerness with which my own family peruse all the questions in The Constitution and The Home and Farm and then make research to answer them.

There are books enough, of course, but the masses of the people have not got them and can not buy them. Cyclopedias are expensive, but almost every successful newspaper is well equipped with such works and can readily refer to them and answer the questions correctly.

I was ruminating about this because of the eagerness with which my own family peruse all the questions in The Constitution and The Home and Farm and then make research to answer them.

There are books enough, of course, but the masses of the people have not got them and can not buy them. Cyclopedias are expensive, but almost every successful newspaper is well equipped with such works and can readily refer to them and answer the questions correctly.

here is the tea that is brought all the way from China and the coffee from South America and Mexico. The coffee we had for breakfast came from the coast of Malacca. This piece of cloth came from Kansas City. This bread was made from flour that was ground from Dakota wheat. This salt came from the Indian reservation in New York State. This Worcester sauce came from London. These canned peaches came from California. The spices that are in this cake, the cinnamon and mace and nutmeg came from the Moluccas or Spice Islands in the Indian Archipelago. And the cloves that you use came from over there. Cloves, you must know, are the little short black bobbins that the cobblers drive in the heels of peasants' shoes and the spikes resemble them so much that it took their name. Cloves are not the fruit nor the seed of the tree, but is the bloom plucked and dried before it has quite opened. A great naturalist says that the clove tree is the most beautiful of all known trees, and the most precious of the most elegant lives to be 100 years old. Wouldn't you like to have one in the front yard? And there is another fragrant fruit—in your fruit cake, you take a big ship to bring that here from Italy and the macaroni has to come.

Now here are the potatoes and rice and sugar and cheese that come from abroad. Please tell me what we have in your fruit cake, or take a big ship within the month of February county? "Corn bread and butter and butter-milk," was the reply.

"Well, we could live on that," said I. "Suppose we try it for a year and see how it works. It looks like a shame to see 500,000 and five million men employed to get us dinner in England and the very hands that came from the jungles of India. All these dishes came from somewhere up North, and so did this extension table and that side board."

No," said I, "we never had anything but bread and butter and butter-milk away from us and have run the clock down to 4 and 6 cents, and we still live, poor and proud, thank the good Lord for His mercies."

Yes," said my wife, "better is a little with the fear of the Lord than great treasures and treasures without it. That is what Solomon says, but I want a good dinner as long as I can get it."

And Solomon added another proverb, "I bet you a dinner of herbs where love is than a stalled ox and hatred therewith."

Well," said she, "there is no necessity for the dinner of herbs where there is no hatred, but if you wish to try the corn-bread and butter-milk you shall have it every day. It will give you a good dinner, and the best of the garden and raise the price of the rest of us will take care of the ox a while longer."

So you see how it is. I have lost my influence and see no hope of family reform at the dinner table.

BILL ABP.

THE WAITS NOW RAGING.

There are Nine Fierce and Bloody Contests Going on in Different Parts of the World.

At least nine bloody contests are waging in the beginning of the year '97. The fiercest of these are in the earth taking in the best of the south temperate zones, it would nearly embrace every war country.

The very latest sword swinging is being done off the Clarion Islands. England spied these islands and thought they were good coal stations.

True to her grab all the principles, England proceeded to take possession of these lovely spots. Unfortunately they belong to Mexico, and England was asked to move off. She is now preparing to remain and the Mexican loading their guns.

Spain is between the wars, for its subjects in the Philippine Islands are in revolt. They will probably succeed, for Butcher Blanco, a companion piece to Butcher Weyer, has gone home to Madrid to complain of the lack of troops and money.

In Peru there is a double headed conflict. The gold mines are the exciting cause of the war. The natives are defending their gold, while other nations are rushing in to take it. Brazil, the principal owner, is settling a dividing line with Bolivia. To this the Peruvians object, and declare that they will fight with Bolivia before becoming Bolivian subjects. The Indians and natives are killing the Bolivians.

Uruguay is another unsettled portion of the western world. Far from being at peace, as was supposed, it is now discovered that its leader, Gen. Saravia, has entrenched himself in San Paulo, Brazil, and is gaining forces every day. His object is to take Montevideo, Uruguay, and establish a new government. In this he is aided by revolutionists in Rio Grande do Sul, Brazil. The situation is so serious that the British warship "Retribution" has been sent over for the protection of British subjects there, and Italy has sent its warship "Piedmont" for the same purpose.

Without question, then, fruit and grains constitute the ideal diet, the food on which the higher and more spiritually-minded type of humanity is to depend for nourishment. Nature is a better chemist than man and nature has packed within envelopes of various forms and hues those exquisite acids, flavors and essences which in some subtle way sustain every portion of the system.

"Comfort me with apples," says Solomon in his song. "Amen," I add, and may we all find comfort in this delightful way.

I hunted at a pleasant inn, As I my way was wending A golden apple was the sign From knobby bough depending Mine host—it was an apple tree— He smilingly received me, And spread his choicest, sweetest fruit

To strengthen and relieve me, Beneath his shade I laid me down, And slumber sweet possessed me; The soft wind blowing through the leaves, With whispers low caressed me.

And when I rose and would have paid My host so open-hearted, He only shook his lofty head, I blessed him, and departed.

A STRANGER. Monte Sano, January, 1897.

two nations not fully at peace. The former has recently discovered a range of filibusters, the largest and most powerful in the reign of the press at czar, and Germany is agitated with dynamites. These have been tracked to middle Germany and are being arrested as fast as found. Dynamite works are being destroyed and dynamiters imprisoned.

In Armenia rapid reforms are going on, and the powers have decided to let the Sultan alone for awhile. He may turn over a new leaf. If he does not it is said that the powers are decided to take Turkey away from him and divide it up.

This rumor has driven the Sultan so wild with anger that recently he imprisoned, fined and tortured in various ways influential members of the Hant-shak and Prussian societies, so-called revolutionists. Meanwhile the people of Asia Minor are starving and drowning, and the stoppage of the Orient express prevents their cry of woe from reaching the outside world.

The situation in Africa is becoming speedy outburst is regarded as inevitable. The Boers are still under arms, ever suspicious that another Jameson will arise and raid them, and to the west of them the Matabeles are sleeping on their clubs, and the Germans are...

The army of the Mahdi in the Sudan has its face pointed toward the Nile, down which the British troops steadily move. Menelik and the Abyssinians are on one hand of them and the Afghans on the other.

England and the Zulu tribe of Southern Africa, in the throes of war in Southern Africa. A British mission station in South Africa has been burned and French dispatches sent to England for help.

The troubles of the queen of Madagascar have been again. An immense body of her subjects arose at Antananarivo and drove the queen from her castle. The purpose of the uprising was to form a small separate government for the plunder of travellers who were thieves.

England and the "red eye" upon this island, and it is maliciously stirred by a French correspondent, secretly incites the revolutionists.

Most of the wars now going on are particularly the case with South America and African wars. In Cuba there is a sentimental element, that of freedom, outside of gold.

WHAT SHALL WE EAT?

The Importance of Fruit and Grain in the Diet—The Apple is the King of Fruits for Health.

Augusta Chronicle.

I have often heard my beloved father say: "If the Master closes our door we will open others." All through my childhood I have found this verified and particularly true in the year's abundant supply of apples, the peach crop being short. In an emergency "fruit tablets, orange juice, or the bowl of hot water with its siliceous lemon" is an infinite service, as they depend on the diet of fruit juices.

The use of fruit is increasing yearly; only a little argument is needed to urge a more liberal use of it in sickness and in health. Nothing is more careful to the convalescent than delicious fruit juices, which have often proved a specific in various diseases.

If our bilious friends would love their liver pills and study nature in her most smiling and bounteous mood and would allow her to tempt them as Eve tempted Adam, they would take to fruit and try pleasant, natural and healthful methods. The best of all the purest, the most nourishing and that which requires the least outlay of time and money in preparing and serving. Nothing answers to this description more perfectly than fruit. The more delicate and sedentary habits, it is a natural antidote to most of the ailments of the body. It is full of acids and aromatic qualities, which act as refrigerants and antiseptics, and is an enemy to jaundice, indigestion and torpidity of the liver. It is a gentle laxative and tonic to the whole biliary system. A good ripe apple is one of the easiest substances for the stomach to deal with.

It was a favorite saying with Bronson Alcott, "Eat apples and live forever."

Without question, then, fruit and grains constitute the ideal diet, the food on which the higher and more spiritually-minded type of humanity is to depend for nourishment. Nature is a better chemist than man and nature has packed within envelopes of various forms and hues those exquisite acids, flavors and essences which in some subtle way sustain every portion of the system.

"Comfort me with apples," says Solomon in his song. "Amen," I add, and may we all find comfort in this delightful way.

I hunted at a pleasant inn, As I my way was wending A golden apple was the sign From knobby bough depending Mine host—it was an apple tree— He smilingly received me, And spread his choicest, sweetest fruit

To strengthen and relieve me, Beneath his shade I laid me down, And slumber sweet possessed me; The soft wind blowing through the leaves, With whispers low caressed me.

And when I rose and would have paid My host so open-hearted, He only shook his lofty head, I blessed him, and departed.

A STRANGER. Monte Sano, January, 1897.

Highest of all in Leavening Power—Latest U. S. Gov't Report

Royal Baking Powder

ABSOLUTELY PURE

THE HISTORY OF THE DISPENSARY LAW.

HOW IT WAS BROUGHT ABOUT.

Athens, Ga., Devised the Plan to Prevent a Return to the Saloon System—Larry Gantt Proposed it as a Compromise in South Carolina.

Piedmont Headlight, Feb. 12.

A great deal has been said and written about the dispensary law, and in order that the true history of this attempt to control the liquor business may be known, we have decided to give an authentic account of the first law, and how it came to be introduced in South Carolina.

Four years ago city of Athens, Ga., had tried to prohibit, and the experiment was a failure. During the last year of prohibition there were over a hundred bar-rooms in the place, many of them licensed by the U. S. government, and run almost openly.

England and the Zulu tribe of Southern Africa, in the throes of war in Southern Africa. A British mission station in South Africa has been burned and French dispatches sent to England for help.

The troubles of the queen of Madagascar have been again. An immense body of her subjects arose at Antananarivo and drove the queen from her castle. The purpose of the uprising was to form a small separate government for the plunder of travellers who were thieves.

England and the "red eye" upon this island, and it is maliciously stirred by a French correspondent, secretly incites the revolutionists.

Most of the wars now going on are particularly the case with South America and African wars. In Cuba there is a sentimental element, that of freedom, outside of gold.

WHAT SHALL WE EAT?

The Importance of Fruit and Grain in the Diet—The Apple is the King of Fruits for Health.

Augusta Chronicle.

I have often heard my beloved father say: "If the Master closes our door we will open others." All through my childhood I have found this verified and particularly true in the year's abundant supply of apples, the peach crop being short. In an emergency "fruit tablets, orange juice, or the bowl of hot water with its siliceous lemon" is an infinite service, as they depend on the diet of fruit juices.

The use of fruit is increasing yearly; only a little argument is needed to urge a more liberal use of it in sickness and in health. Nothing is more careful to the convalescent than delicious fruit juices, which have often proved a specific in various diseases.

If our bilious friends would love their liver pills and study nature in her most smiling and bounteous mood and would allow her to tempt them as Eve tempted Adam, they would take to fruit and try pleasant, natural and healthful methods. The best of all the purest, the most nourishing and that which requires the least outlay of time and money in preparing and serving. Nothing answers to this description more perfectly than fruit. The more delicate and sedentary habits, it is a natural antidote to most of the ailments of the body. It is full of acids and aromatic qualities, which act as refrigerants and antiseptics, and is an enemy to jaundice, indigestion and torpidity of the liver. It is a gentle laxative and tonic to the whole biliary system. A good ripe apple is one of the easiest substances for the stomach to deal with.

It was a favorite saying with Bron