

with the other watch the manipulation of the ballot box. One Democratic judge has charge of the book, and when the ballot clerks call out the name of the voter, this judge looks for it on the book, and having found it says "Right." The election clerks having each found it on their respective books, also say "Right." The bar is then raised and the voter enters. Immediately on entering, the other ballot clerk—there being two of these as well as two election clerks—hands the voter a ticket, folded and marked on the outside with the clerk's initials. No ballot will be counted that does not bear this insignia of genuineness. The voter then enters one out of the five compartments called booths. These are like a desk shelf in a postoffice on which the applicant for a P.O. order fills out his blank, only it is divided off by uprights hoarding into spaces sufficiently large for one person to stand alone. Here the voter is required to put a cross opposite each name for which he desires to vote, unless he votes an entire ticket, in which case he puts the mark in a space at the top of that ticket. A pad is supplied with which to make that mark. I should here explain that the tickets are about a foot and a half each way in size, of a light green color and are furnished by the State, and only to be obtained in the polling room from the ballot clerk after the voter is admitted through the bar. To give one of those tickets outside or to imitate them in color is a penitentiary offence. Now this paper contains all the tickets in the field, and also a blank space for writing any names not printed on either ticket, where the voter may insert his choice for any office on the list, opposite which he must put his mark in order to have it counted. He then folds up the paper as it was before, with the initial on the outside, and without displaying it to anyone, which is against the law, hands it to the judge at the ballot box. This judge takes it, and as soon as the booking judge finds the name again, drops it into the box, when the Republican judge places a mark on the book at the end of the line, signifying that the person named has voted. The Democratic judge having charge of this book watches where the mark is placed and calls out, "not there," if any mistake is about to be made in marking, which happened twice or three times while I was there. Of necessity the marking of the ballots take some time, it having to be done in the polling room, and every voter must do it himself, but in case of his being blind or unable to do this himself, the two ballot clerks may assist him. These being of different parties, neither can take any advantage, so the result is satisfactory. The voter then passes out another way, and cannot again legally enter the building during the voting. The process is hastened by the law only allowing two minutes to each voter to mark his ticket, but the rule is not enforced very rigidly. Scarcely any of the voters take more time than to mark the whole ticket at its head, while a few evidently did all the "scratching." Sixty-five persons voted in an hour at this polling place, of which there were nine in each precinct.

This system requires the voters to be

intelligent and somewhat acquainted with the method beforehand, or they would make a sorry mess of it. One man came in who showed this very plainly. After blundering through the gate and getting his ticket, he called out: "What am I to do with this thing?" And would apparently have voted the whole business, and thus annulled his ballot. But a judge said: "Go into the booth and mark it." "How am I to mark it?" he asked. "The ballot clerks will show you," said the judge. At which they stepped up and helped him "fix" his ticket. Then he looked a long-eared look, and waited till a judge said, "Now give it to that gentleman," meaning the judge at the ballot-box. Then it was found to be folded with the names outside, and he was finally convinced that he should go and refold it so that his vote might be a secret, and the clerk's hieroglyphic be the only visible mark upon the ballot. The officers were glad when they got rid of that fellow. He was more like a clown at a circus than anything, for folly; except perhaps the early savages whom Mark Twain described as coming to church in Christian clothing the first Sunday after a distribution of wearing apparel. I asked the officer if this man was a Democrat or a Republican to which he replied, "I guess he don't know himself."

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A LESSON IN HYGIENE.

[San Francisco Chronicle.]

If people knew how to eat and drink properly or were willing to confine themselves to articles of food suited to their digestion, and would take just the amount of exercise necessary to facilitate the digestion, the lives of the greater part of the human race would be indefinitely prolonged. There would have to be excepted from this sweeping assertion certain diseases (like those of the throat and lungs) that cannot always be avoided, but which, nevertheless, in many cases can be limited in their ravages by prudence. The statement as made is a truism, and has been known to sensible persons since the dawn of civilization and the origin of gourmands and epicures. Some old Persian writer, no matter which, placed the whole secret of health in the ability to leave off eating before the appetite was entirely satisfied, and the wise men of Greece and Rome never ceased to preach similar truths, both by precept and example. These things they had learned, not from works on hygiene, which did not abound in ancient times, nor from family physicians, who were far from being so plentiful as they are now, but from a simple observation. The apostles of a vegetable diet have usually been fanatics, but there has always been a grain of truth in their doctrines, for it is true that the greater part of diseases are caused, especially among the rich, by the excessive use of meats.

It is only a few years since the nourishing qualities of milk and its hygienic value began to be properly appreciated. Every one was aware that the young of the human race and of the lower animals using it as their only diet flourished and

grew strong alike in bone and muscle. It appeared to be easily digested and seemed to contain all the elements that the body seemed to need, at least in the early stages of its growth. Adults—at least those in civilized countries—despised it, and would have considered themselves doomed to an early death had they found themselves confined to a milk regimen. The same opinion has, fortunately, not prevailed among certain savage or semi-civilized tribes of pastoral habits, who have maintained a healthy existence from time immemorial on milk and its products.

Medical science, aided by chemistry, has for some years past been working a gradual change in these ancient prejudices. The chemists have discovered that milk contains all the elements necessary to make blood, bone and muscle. It adapts itself to the most difficult digestion. A man can live and enjoy perfect health on milk and its products alone, for his system finds in it everything needful—fatty matter, caseine, albumen, and especially phosphate of lime for building up his bony framework. Doctors prescribe it for patients suffering from low fevers. If a person finds himself suffering from torpidity of the liver, insipient trouble of the kidneys, or a tendency to indigestion, let him drink milk freely, say two or three quarts a day, and abstain from meat, and he will almost invariably find himself cured speedily. It may be said of diseases of the liver and kidneys and of the dyspepsia that they have invariably been brought on by ignorance or disregard of the laws of hygiene, and no one need ever have them unless he is obliged to live in the tropics, or has by chance been so situated that the choice of his diet was beyond his control. It has in all ages of the world been found difficult to make any considerable number of human beings observe the laws of temperance in eating and drinking if the means of indulgence were at their disposal. It is much more difficult to infuse a little hygienic good sense into the average American of today than into the luxurious Roman in the time of Lucullus, and nowhere in the world is self-restraint more necessary than in California, where the climate constantly stimulates the appetite, while at the same time certain latent qualities of the atmosphere seem to render digestion difficult.

While milk in its perfect state is capable of such infinite service to the health, it has at the same time an extraordinary facility in transmitting disease. A great part of that consumed in large cities is from cows kept in stables and fed often on unwholesome food. When tuberculous diseases become too common among these animals the newspapers ventilate the matter and the health officers show a temporary activity, but the evil continues. It is more trying from the fact that diseased milk is largely used as nourishment for young children. If the purity of milk is suspected, however, it only needs to be remembered that the noxious germs it contains may be destroyed by boiling. In England, where the milk is rarely boiled, there have been occasional local epidemics caused by the use of milk from diseased cows. In 1870 an epidemic of typhoid fever at Islington