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HINTS FOR SPRINGTIME.

With the advent of spring there is likely to come some diseases of epidemic character, bringing trouble and pain and sorrow to many homes. This is because the rays of the sun, increasing in warmth, cause the germs of disorders that lead to pain and death to come forth from their sleeping places in filth that has accumulated, and go on their mission of destruction among the human family. Spring cleaning is therefore a proper diversion for the careful housewife, even though it may bring some discomfort to the family and the male members of the household.

Now is the time to clean up. Every nook and corner should be cleared out. Rubbish of all kinds should be committed to the flames, and all decaying matter, animal and vegetable, should be burned or buried out of sight and smell. Renovation should not only take place inside the house, but the yards and corrals and outhouses, and every place where noxious material has accumulated, should be routed out and made decent in appearance and in reality. As soon as the weather is warm enough, sunshine should be permitted to enter into every room where it can penetrate, and the fresh air of spring be allowed to circulate in every domicile. Disinfectants, where necessary, should be put to liberal use. Cleanliness, which is a part of godliness, should be made the watchword.

Measures should be adopted in every town and city to secure to the inhabitants pure water for domestic purposes. Many of the wells from which are drawn water for family use, receive drainage from adjacent places where manure has been deposited, or other foul spots, and thus they become means of carrying disease to the household. Some of the artesian wells contain organic matter in the highest degree deleterious. Wherever practicable, water from clear springs or streams should be piped so as to be conveyed to the homes of the people. This may cost some money and labor, but it will pay in the long run. Expenditures for such purposes are cheaper and better than for doctors and drugs and coffins and undertakers.

The leading spirits in the various settlements should have a keen eye to the necessities of the people in these respects, and adopt and carry out such measures as will promote cleanliness and comfort and, as a consequence, health and contentment. This is part of the duties of their calling and should be cheerfully performed.

A properly cooked supply of healthful food is also a very important consideration. Indigestion is frequently the result of badly prepared edibles. Soggy bread, salted biscuits, partially cooked or terribly overdone meat and vegetables are a prolific cause of dyspepsia and consequent misery and ill-temper. Hastily swallowed food, without proper mastication, is also to blame for many of the ills which flesh is heir to. Take time to eat, and have food carefully prepared, with a view to the particular appetites of the individuals who are to consume it, and remember the adage, "What is one man's meat is another man's poison." Let the housewife watch well the needs and desires of the husband and bread-winner, and let him provide the means whereby with the home shall be furnished with the materials and the appliances for healthful food preparation.

These are a few of the principles of the gospel of health. They are a part of true religion, which comprehends not only the welfare of the spirit, but that of the body, both of which are the workmanship of the great Creator and are joined in one for man's exaltation and God's glory. A clean, healthy, virtuous, temperate body and a high reaching, God-loving, affectionate and intelligent spirit, joined as a living soul, form an image and expression of Deity, admirable in appearance and beneficial in influence.

Let in the sunshine, bring in the pure air. Dispose of all matter that is offensive and destructive, and try to make the place where you live healthful, attractive, comfortable and pleasant, worthy of the sacred name of home!

A SPLENDID INDUSTRY.

The manufacture of sugar from the beet has become one of the most valuable industries in the country, and particularly in the West. Like all other innovations, it has had to fight its way against many obstacles and much opposition, but it is now so thoroughly established that it is a recognized source of wealth to the nation and a great boon to the farming community. Utah was one of the prime movers in the beet sugar industry on the Pacific slope. The first effort in this direction did not succeed, because of inexpertness, both in the raising of the proper

kind of roots and the process of refining. This was in 1855. Several efforts on a small scale followed, but the establishment of the sugar works at Lehi, Utah County, commenced in December, 1890, and making its first run in 1891, was the initial step towards the grand success which has been achieved in this and adjoining States in the production of a commodity which has proved of untold value to this entire mountain region. Each succeeding year has been more and more prolific in the cultivation of the beet and in the manufacture of a first class quality of sugar.

The growth of the beet sugar industry in the semi-arid regions of the United States is well illustrated by the figures of the production of sugar for the past year which show that Utah, which did not begin the cultivation of the sugar beet until long after Nebraska, led that state by 12,000 tons of the refined article during the last year. Utah stood fourth in the list, the exact figures being as follows:

Colorado	49,600 tons.
Michigan	44,450 tons.
California	41,640 tons.
Utah	25,274 tons.
Nebraska	13,355 tons.

There were seven other states that produced beet sugar, the total in the twelve being 299,722 tons, but in none of the seven did the figures exceed 10,000 tons. The fact that Colorado has shot ahead of California in the production of refined sugar is another instance of the value of irrigation as applied to sugar beets, and the productiveness of soils in the intermountain states.

From present indications Idaho next year will enter the list of states leading in beet sugar production. A year from the coming fall she will have five factories running at full blast, and their combined production will not fall far below 25,000 to 30,000 tons. It is interesting to know that the United States annually consumes two and a half million tons of sugar, and that her own beet sugar factories as yet only produce a trifle above 8 per cent of the total.

A RUMOR HUNTED DOWN.

The following story told by the Springfield Republican illustrates the facility with which false rumors spread, when they are not arrested in their wild flight by stern facts.

The New Orleans States some time ago published a statement, credited to the New Bedford Standard, to the effect that "last year 1,200 women were brutally and criminally assaulted" in Massachusetts; adding "that this peculiar form of crime has increased in alarming proportions until it has become the chief criminal problem of many communities."

Ordinarily the statement would have been read as an item of appalling news, and circulated freely. But, the honor of the state being involved, someone undertook to follow the rumor back to its source, as far as possible, and ascertain the truth, or falsehood, of it. It was then found that the paper to which credit had been given, the New Bedford Standard, had been misquoted, the word "criminally" having been inserted before the word "assaulted." This changed the meaning materially; still, the Standard version was that 1,200 women had been "brutally" assaulted in the state, and this was credited to a "Massachusetts exchange." On inquiry the name of this "exchange" was given, but its editor refused to name the source of information.

The investigator then turned to the chairman of the Massachusetts state board of prison commissioners for information on the question, and this gentleman promptly denied the story. He wrote:

"Replying to your note of the 1st inst., I beg to say that I cannot help you to discover the authority for the statement that 1,200 women were brutally assaulted in Massachusetts last year. Those figures are very wide of the truth, for, taking into account all the cases of assault brought before the courts that could by any stretch of the imagination be considered as felonious assaults on women, there were only 146. Many of these cases were discovered on investigation to be less serious than stated in the original complaint, and some were found to be altogether groundless. The number of sentences for crimes of this nature was 49, and of these 16 were for an offense described merely as 'indecent assault.'"

Several papers had copied and commented on, the startling figures first published, and the story, as will be seen, did not lose in intensity, as it went from place to place.

It is the same with numerous sensational stories that are permitted to go out concerning Utah, always on the authority of someone whose identity cannot be discovered, or whose veracity equals nil. Were they all hunted down, as this fake concerning the state of Massachusetts, they would be found as devoid of any basis in facts. Let anyone interested in the truth, try the experiment.

FOR ARBITRATION.

Ex-Mayor Seth Low is said to have become a convert to the doctrine of compulsory arbitration of labor disputes. The subway strike in New York is responsible for this "conversion." He now sees that the public have a right in matters pertaining to transportation, for instance, and that disputes over wages and hours of labor should not be permitted to interfere with the immense business interests depending largely on the regular lines of communication. Why should not such disputes be adjudicated without interruption of traffic? "The state," in the opinion of Mr. Low, "can secure the acceptance by both parties of the award of arbitration by providing that a failure to arbitrate or to abide by the award of the arbitrators shall work a forfeiture of the privilege of combining. The community, therefore, is not helpless in the matter."

There are weighty reasons why arbitration of such disputes should be made obligatory. One is, that the disputes as now carried on between capital and labor very often result in violence and anarchy, and therefore become a menace to the state as organized. Another is that the public should not be made to suffer loss and inconvenience for the sake of differences in which it has no voice. The public should not be victimized, as is so often done, by agitators inspired by a higher motive than self-

ishness. And still another reason is this, that settlement of such disputes must come through arbitration, because there is no other way. Employers cannot by force compel laborers to work; nor can laborers by force compel the investment of capital. A mutual understanding is the only condition under which the wheels of industry can be kept moving in a free country, and for that reason arbitration should be obligatory.

This does not mean that laborers should be prohibited from quitting their employers whenever they find it to their advantage to do so, but it means that strikes, boycotting and all kinds of conspiracy for the sake of forcing terms of agreement should be unlawful, as contrary to the public welfare. We must finally come to that stage of civilization, when arbitration seems most natural. We are talking of peace among nations. But, how can it be established as long as class is making war upon class, in the same country? Peace within must be the prelude to universal peace.

ABOUT APPENDICITIS.

Dr. Joseph Kidd, said to be an eminent English physician and specialist, with fifty years of extensive practice in London, is quoted in the current number of Leslie's Weekly, to the effect that appendicitis was very infrequent until about twenty years ago. This opinion differs from that sometimes expressed, that the sickness was frequent enough, though known under different names. He gives the following rules for its prevention:

"Do not neglect chills when heated by exercise, especially after games on grass, or when much fatigued in mind or body. The actual exciting cause in most cases is chill. The bacterial forces are very quiescent till the colon is blocked by undigested food; then a chill develops the peritonitis to which the inflamed appendix adds greater intensity and danger to life."

"Masticate well, eat slowly, do not swallow any food that is not perfectly softened by the teeth. Even salads, fruit, nuts, almonds, raisins, may be taken freely if really well masticated. In the haste and bustle of city life it is better to take half a meal well masticated than to bolt the whole in a hurry."

"Avoid aperient salts, waters, or pills. Far better to let nature do her own work, undisturbed by purgatives of any sort. The doctor may find it necessary to order an aperient for a sick person, but the use of the aperient ought gradually to cease and not become a habit. With patience and diet management, nature may be allowed unhindered to resume her ordinary habit of health, a slow, gradual process."

It should be called the Board of Public Quirks.

The Russian attorneys do not seem to be much curdled.

Japanese greynolds of the sea will hunt for Russian wolves.

Time and the Russian and Japanese squadrons are all fleeing.

If Russia had a Luther and a Munser she might have a Peasants' war.

Secretary Loe's solitude is almost as great as that of Alexander Selkirk.

If Lady Curzon were an actress she could not have more narrow escapes.

The President must be having a rattling good time. He has begun killing rattlers.

Mr. Bryan says that he left his plough standing in the field. That is shiftless husbandry.

Equitable stockholders accuse Mr. Hyde of bad faith. They shouldn't put their faith in men.

Germany's solicitude for Morocco's welfare suggests, only suggests, the fable of the preaching fox.

It is no consolation to a baldheaded man to know that the richest man in the world is baldheaded.

Chamberlain is apprehensive that if he and Balfour do not get together the electorate will say to him "GEE!"

St. Louis is to have dry Sundays. Never mind. The spring floods will soon be along to relieve the situation.

For unknown ministers to denounce the acceptance of Rockefeller gifts is an easy way to gain cheap notoriety.

When Colonel Roosevelt leaves the Big Pasture in Oklahoma it will be for snowfields and pastures new in Colorado.

Shirt waists and sealskin sacques on the street the same afternoon show the state of the weather better than anything else.

"He that is without sin among you, let him first cast a stone at her," might very well have been Rockefeller's reply to the protestants.

The greatest upheaval in Utah is to be found on South Temple street between State and Fourth east. And more is in prospect.

Rojestvensky has passed the Straits of Malacca all right and may pass others without trouble, but when he meets Togo he will be in the greatest straits of his life.

The torture to which the San Francisco police subjected Mrs. Rose Torturici to extort from her a confession, was an outrage not only on her but on every sentiment of decency and humanity. Those who inflicted it are not men but brutes.

SALE OF WARSHIPS.

New York Evening Post.

The sale of thirty-one obsolete warships by the British government for less than one-twentieth of their original cost is a surprising transaction, but nothing could better illustrate the rapidity with which modern fighting machinery becomes worthless. The casual reader is likely to imagine that these vessels belonged to the older day of sea fighting, that they were of the type whose decks were trod by Marryat's heroes. No such thing. The Galatea was completed in 1889 at a cost of \$258,390, the Warspite and the Australia in 1888, costing \$329,332 and \$259,399, respectively, and the Northampton

in 1878 at a cost of \$235,804. Thus three of the cruisers now sold for junk, with the requirement that they be broken up at once, were brand new and up-to-date only sixteen or seventeen years ago. The young girls who smugled champagne bottled over their bows at the launchings are not yet middle-aged. In even less time, the progress of invention may make the ships launched the year equally worthless. This is the nature of a government's investment in naval armaments, and it is one of the things to be kept in mind when the jingoes are urging still larger budgets.

A GREAT BATTLE.

Worcester Gazette.

But whatever may be the purpose of the Japanese, it is certain that one of the greatest naval battles of history is impending, a battle which may change the course of history. If Japan is defeated, all her land victories will go for naught, for she will be cut off from communication with the mainland. Russia will regain practically all she has lost in prestige and credit. In time, she may even succeed in rolling back the tide of Japanese invasion and shutting up the forces of the Mikado in the tip of the Korean peninsula and at Port Arthur. But if Japan wins, the fate of Asia will be decided in favor of the native races, probably forever. The stake is enormous. The world will watch the game with breathless interest, for on its decision hangs the destiny of nations and races.

THE END OF THE PEACE TALK.

Springfield Republican.

The surmise that the recent peace pourparlers proved abortive because the czar's government would not yield on the point of a war indemnity for Japan seems to be confirmed this morning by recent information. The Japanese diplomatist who writes on the indemnity question for the London Outlook is clearly trying to justify Japan's demand and to create sentiment in support of it in England and America. It is a great pity if the war is being continued solely because of a difference over a money question, yet Japan's right to an indemnity, according to the western standards of war, cannot be denied.

THE TEMPER OF THE PEOPLE.

Springfield Republican.

Judge Dunning's municipal ownership of traction lines "immediately" has won against Mr. Harlan's "as soon as possible." That was the recognized pivotal issue. The temper of the people has been plainly expressed, and what will come of it we shall all see as time goes on.

RECENT PUBLICATIONS.

The North American Review for April opens with an article on "New England: an Autumn Impression," by Henry James. "The American Law of Impeachment" is discussed by Hamlin Taylor. The Catholic view of "Remarriage after Divorce" is set forth by the Rt. Rev. Wm. Crosswell Doane, bishop of Albany. Karl Blind, writes on "The Coming Crash in Russia, and Ira Seymour David relates 'A Dream and a Vision.' In a paper on 'The Public School System in the Philippines' Willard French gives timely information on an interesting subject. Germany's Real Aim in Foreign Policy" is revealed by Arnold White. Other articles are "The Centenary of Schiller's Death," by Wolf von Schierbrand; "Common Sense of the Railroad Question," Senator E. G. Nevada; "The New Monroe Doctrine," and "The Call of Lord Kitchener." The number closes with a review of world politics, —Franklin Square, New York.

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The Spring suits are coming in and going out at a lively rate these days. Many new ones are finding ready takers as soon as they arrive. Many more are here ready for their future wearers. Chances are, yours is among them waiting for you to come and take it away or have it reserved till needing time. Anyway 'twill pay you to come and see, before the other fellow gets first choice.

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