

can sustain their health and a fair amount of strength for many years on a strictly vegetable diet. . . Hence it is only possible to regard man—considered as an inhabitant of the world at large and manifesting as he does a strong and increasing impulse to explore and colonize in any part of the globe—as now naturally omnivorous; in other words, possessed of a constitution which requires for his well being a mixed diet of animal and vegetable foods in relative proportions, varying according to temperature and activity of life."

To most of the readers of the "News" it will be of interest to notice that the verdict of science is in perfect accord with the inspired instructions given to the Saints more than half a century ago: "All wholesome herbs God hath ordained for the constitution, nature and use of man. Every herb in the season thereof, and every fruit in the season thereof; all these to be used with prudence and thanksgiving. Yea, flesh also of beasts and of the fowls of the air I, the Lord, have ordained for the use of man with thanksgiving; nevertheless, they are to be used sparingly."

It would probably not be possible to lay down specific rules to cover each individual case. People of sedentary habits would be injured by the amount of animal food which others, who perform manual labor or take much exercise, are able to digest. After all each one will have to find out for himself what is best suited to his constitution and environments.

#### UTAH'S EIGHT-HOUR LAW.

From Gunton's Magazine for November we quote this paragraph:

"The famous decision of the United States Supreme court, handed down on February 28th, 1898, affirming the constitutionality of the Utah eight-hour law, finally established the labor legislation of the various states on a sound and permanent legal basis. This decision was an epoch-making event. Future experience may show that the rendering of this decision constituted one of the greatest services the Supreme court has ever rendered to the American people. It has distinctly and formally announced, as a permanent principle of our institutions, that the constitution must be interpreted in the light of the new conditions that arise as our national life expands and as new problems develop that were not foreseen by the framers of our fundamental law; in other words, that the provisions of the Constitution must not be considered as carrying along with them perpetually the same interpretation that was given them at the foundation of the nation. It must be treated as an elastic rather than an absolutely inflexible instrument, and thus, while forever safeguarding our liberties, not be allowed to become a stumbling block in our path of national progress."

#### AWFUL EXPLOSION.

The telegrams report an awful explosion in the Capitol at Washington, which took place late Sunday afternoon. It was caused by ignition of gas, and as a result of its fury a large area of the magnificent pile is a mass of blackened and unrecognizable ruins, these being not altogether attributable to the explosion itself but largely to the flames which followed. The Supreme court rooms and those adjoining it on the principal floor were wrecked by the shock and the fire following nearly completed the work of the destroyer.

The explosion was of so terrific a

character that the coping stones of the outer walls were displaced some two inches. Perhaps the most deplorable loss of all is the magnificent library of the Supreme court, which contained some 20,000 volumes, along with documents in the room where records were kept that were of the greatest value and the loss of which cannot be compensated for. Perhaps there may be some salvage, but this, as compared with the loss as a whole, must be very light. The flames were soon under control, but not until the principal mischief was accomplished. It was nearly a complete victory for the fire fiend.

It is gratifying to know that no lives were lost, although there were some close calls. It is also regrettable that, as is usual in such cases, the losses cannot be stated in dollars and cents, nor can anything like an approximate estimate as an all-round statement be made. The loss of books and documents cannot be figured up at once if ever, the consequences of their destruction sometimes reaching into other generations and being so greatly ramified that nothing but imagination can keep pace with them. It is a most destructive and sorrowful incident.

#### IMPROVING ON NATURE.

The apparent inability of a majority of the human family ever to be satisfied with what nature or fortune has done for them is capably illustrated by the school book fable, "The Discontented Pendulum." Those who are poor want to be rich, those who are rich want to be richer, the fat want to be lean, the lean fat and so on. Perhaps the greatest real and most persistent desire in the matter of overcoming a decree of nature is in the case of women who are predisposed to corpulency and who like to appear acceptably in the world of fashion and society. A notable example was that of Fanny Davenport, the actress, well known to the theater-goers and many others of this State, once as a graceful, then as a plump and finally as an obese personage. The means adopted by her to reduce her avoirdupois were more than a failure, they resulted in death, through fatty degeneration of the heart. Nature can be and generally is trifled with to a greater or less extent by pretty much everybody, but by one means or another she has her revenge—perhaps compensation would be a more fitting word.

It is now announced that a way of getting thin and keeping in good health has been discovered by the wife of an English officer in India. The particulars are furnished by a correspondent of the Pittsburg News. As sometimes happens after a long illness and its subsequent confinement, this lady found herself, when able to move again, almost twice her normal size. She could not walk, nor was she able, through nervousness, either to ride or to enter into outdoor sports. One day she thought of the skipping rope of her childhood. After a few weeks' practice she began to gain in health and to decrease in size. She makes a daily record of 600 skips. As she exercises several times a day, her record represents the sum total of her day's work. Her custom has been widely followed. Women accustomed to outdoor exercises, and made wretched by confinement indoors or to a limited area, use the skipping rope. Practiced with prudence, no other form of exercise. It is said, is equal to it in its beneficial results, or accomplishes greater wonders in reducing flesh.

This will no doubt be welcome information to many. But how about the other class of unfortunates, those whose carnal covering is somewhat at-

tributed and who long for a change of condition? As changing with the other element among les misérables is out of the question, the one who would find some means by which even slight approaches to corpulency could be had would be canonized by at least a few, perhaps by many. Of course men are free from such hopes and fears, at least they "let on" like they were.

#### CUBAN CONDITIONS.

From Cuba comes a complaint that the late insurgents are starving as a result of the promise made by the United States that there shall be no looting while the conditions of peace are being considered. This is the story told by insurgent chiefs.

United States officers report that Cubans are being paid \$1 a day for work on the streets in cleaning and paving, but that they are dissatisfied with the wages and demand an increase of fifty per cent.

If this representation is true, it is evident that some of the Cubans prefer a life of brigandage to that of an honest laborer. Only a few months ago fifty cents a day, or less, would have been considered princely wages in Cuba; now conditions have changed. It is said that in the vicinity of Havana, where the United States authorities have made arrangements for the landing of troops, the contractors in charge of the work of building piers and landing places are delayed by the scarcity and inefficiency of Cuban labor. The men are paid \$1.20 in Spanish silver per day, but the Cubans do not care to work, and when they do one American will accomplish as much as five Cubans.

The United States has undertaken to establish order in Cuba, and such conditions as these will delay the work, perhaps for many years. If anywhere the idea prevailed that all the Cubans were thrifty, law-abiding people asking only for aid to live the peaceful life of a laborer, the illusion has been dispelled. Spanish rule has not produced that class of citizens. But our government has interfered and is prepared to deal with the conditions as they are, not as they ought to be. It has undertaken the responsibility of correcting all evils created by centuries of misrule, and the island will not be left to brigands. The hand of the United States will not be withdrawn until the good work is accomplished.

#### THE PHILIPPINE SETTLEMENT.

It comes tolerably direct that the American peace commissioners will accede to the Spaniards' demands and consent to a money payment in consideration of the surrender of the Philippine group. What the amount is is not stated nor even suggested except in the most general and incidental way, but it is foreshadowed that the sum total will not exceed the amounts expended by Spain for improvements of a peaceful character, exclusive of debts contracted by reason of the extended occupancy of the islands. Such a sum should not be very considerable; certainly the \$40,000,000 spoken of would fully cover it, to say nothing of what to the dons amounts to more than money—their pride would be gratified in having it to say that they sold the group.

A recent issue of the New York World arranges Spain's war account in this way:

Profit:

Relieved of unconquerable and intolerable expensive Cuba, that was costing \$200,000,000 and 25,000 lives a year.

Relieved of Porto Rico, out of which I had never made anything but trouble.