

not diminish but is decidedly on the increase.

In San Francisco they are shortly to have a blood horse meeting which is attracting attention and recruits from far and wide. Recently four racers arrived there from Australia. They have been especially imported to take part in the meeting, but as it will take them several weeks to get over the long trip none of them can very well be expected to face a starter before December. We are advised that the horses are owned in Australia and were sent over on the recommendation of Mr. Lopez, who is now in the southern hemisphere. They came in charge of a young man who was complained of as being about as garrulous as a washerwoman until he reached San Francisco, when he played "smart" and refused to answer any questions about the horses. It is learned, however, that the new importations are named Empire, Cascade, Creighton and the Nordenfeld filly. All have performed on the Australian turf except the filly. Cascade is represented as quite a well-known performer and has quite a reputation in the colonies as a steeplechaser. Creighton is a bay gelding by Cleiveden, the Australian stallion recently brought to this country by C. Bruce Lowe. Cleiveden is a full brother to Chester. The three-year-old mare by Nordenfeld is a racy-looking black mare and is the first of the progeny of the great son of Musket that was ever brought to this country.

California already owns the pride of England, in the undefeated stallion Ormonde, but it is not likely that he will participate in the races; indeed, the customs duty on him was saved by the representation that he was brought over for breeding purposes only. That state promises to be a world-beater for horses, if it is not in fact already such; and we hope to see Utah a close second at no distant day.

REDUCING FLESH.

A good many people who are lean would like to be fat and some who are very fat would like to be a little less so. Nature has arranged this matter apparently to her own liking and it is extremely difficult in most cases and impossible in some to make much of a change in her work. Still, improvement in both instances has been and can be made. The rapid growth of adipose matter is frequently dangerous and always uncomfortable, causing serious anxiety at times, and the nostrums, regimen and exercises prescribed for such are almost infinite. In line with this an English vegetarian journal now adds its own peculiar prescription for the benefit of those in whom grace is being superseded by girth.

It holds that for persons to reduce obesity by living on lean beef and water is false in principle—it is merely starvation—and though they will certainly become thinner by this method, they will at the same time reduce their strength and bring down their constitution. On the other hand, a simple diet of brown bread and various kinds of fruits is claimed to be a far better

means of reducing superfluous flesh than the use of any nostrum, and it will, moreover, invigorate the body and keep up strength.

The diet should, of course, be accompanied with proper exercise—walking is the most suitable for fat people, because in it the whole body is exercised, and not one set of muscles at the expense of another. When dishes are not unduly elaborate, people do not usually eat too much; the general diet should be plain and simple. We are then advised that rich and elaborate cooking should be avoided, as it causes persons to eat more than is good for them, bringing on undue obesity and many disorders. Most of us knew this before; but there is doubtless much that is not known in the advice and suggestions preceding. Certainly if not efficacious they are not harmful.

SAN FRANCISCO'S LATEST HORROR.

San Francisco is surely entitled to the palm in the matter of criminal sensations. Just now it has on hand the recent dynamite explosion and the murder and dismemberment of the girl Addie Gilmour, as patulum of the kind spoken of. The latter was as shocking to the moral as the former was to the physical sense, and both represent the most stolid and defiant class of criminal intent and action. The girl was first betrayed by a young "man" who makes no secret of his foul achievement; then, finding herself in a delicate position, she applied to one of those legalized murderers who infect every large community and shield their villainy behind the diploma which may or may not have been properly obtained. An operation was performed, the girl died, and the "doctor"—realizing the gravity of the situation as relates to himself, cut the body into pieces and dropped them into the bay. Is this not awful enough to justify temporary forgetfulness of the explosion, terrible as it was?

The butcher's name is West. The case is clearly made out against him, but he is cunning and is making use of devices that a "dull and muddy-mettled rascal" would never have dreamed of. California has the same criminal law that we have regarding wives' testimony in such cases; the wife is not allowed to testify against the husband without his consent. It has, however, a different marriage law, a mutual contract properly recorded being sufficient there. The murdered girl's nurse, apparently somewhat enamored of the doctor, was perhaps the best witness the state had, but West soon deprived it of her testimony by signing a marriage contract and sending it to her with a direction to also sign and have it recorded immediately, which she did. Chief Crowley, of the San Francisco police, is usually a very alert and sagacious officer, but he was outwitted this time and the chances are that the most the prosecution and those of the public who consider themselves outraged can hope for is a temporary residence at San Quentin at the state's expense for the red-handed doctor.

It is to be hoped the Midwinter Fair in San Francisco will not outstrip the Midway Plaisance feature of the Chicago show.

A WORD IN SEASON.

The ordinary gift of vision that enables the beholder to distinguish between a hawk and a hand-saw will surely suffice, at the present time, to qualify the honest voters and the actual residents of this fair city for the duty that the approaching election will bring with it.

The campaign as thus far developed has resulted in the organized appearance of but one party; for whether Citizens or Independents, all have united upon the slogan of "Reform." Having met upon this common platform, the representatives of both have placed before the people tickets which are identical in all but two or three names. It is sincerely to be hoped that these few differences may be amicably adjudicated, and that none of those who by expressed or tacit consent have approved the proceedings thus far, will commit the blunder of putting another ticket in the field. The grounds on which all the reputable elements of the community are invited to stand in this election is broad enough and fruitful enough to call forth the best endeavors of every citizen. For once, all ought to be willing to sink partisanship and anxiety for political reward in a desire to promote the general good. The city must be saved—this everybody desires. Its credit can only be restored by stamping with stern disapproval the disasterous methods of the past and relegating incompetence and envidy crystallized to the rear—this everybody admits.

Does this mean that public improvements shall cease? By no means; but it means that the city's obligations to its creditors, whether of the laboring or of the coupon-clipping class, shall be promptly met in cash, not in dishonored and discounted warrants. Does it mean that there will be less employment for honest men or less compensation for industrious wage-earners? Not at all; but it means that reckless extravagance shall cease; that covetous office-holders shall not keep pets in choice positions on fat salaries; that there shall be no more stealing of public funds on either a large or small scale; that back-handed bids or bribes on the part of councillors or department chiefs shall go out of fashion. It means, in a word, that the city's money will not be sunk in a hole or frittered away on overseers and hoboes with no bing to show for it and no debts paid, but that all there is for expenditure will be put where the tax-payers can see it and where the city's workmen can get it.

Any organization or party that cannot endorse this platform and the proceedings thus far had upon it, may accordingly be set down as treacherous to the common weal. Any gang that would seek to defeat the desire of the community for this kind of change, deserves not only disaster but contempt. Any attempt to import voters to carry out the pious of such a gang should be laid bare and blistered with universal scorn. Every workman has his own, his family's, his city's interest at stake in watching for such tricks, and exposing and punishing them.

The News has frequently said it is wedded to no party, and it is not in the