

RUSSIAN REFORM HAS A HARD ROAD

Those Engaged in it Have Learned Little of the Lessons of History.

LIBERALS ARE SPLITTING UP

Reformers Distrust Government—Danger of Reaction Not Worth Consideration.

St. Petersburg, Nov. 12.—With each day's developments it becomes more apparent that Russian reformers have learned little of the lessons of history and that Russia is destined, like other countries before her, to travel a thorny path to the political education. This perhaps is not strange considering that all the intelligent classes are enraged in a revolt against the old order of things, the moderates for the moment clapping hands with the ultra-revolutionists to accomplish the downfall of the autocracy. The result is that all the reform elements are distrustful of the government and take pride in molding aloof as if everybody connected with the government was contaminated, and there is no solid conservative element to act as a brake upon those who shrink from no political experiment, no matter how reckless.

The various groups into which the liberals are splitting, and even those who advocate the very constitutional plan into which Count Witte is seeking to confine the government, seemingly will not share in the same enthusiasm for the revolution as the ultra-revolutionists, nevertheless they refuse to let them lift a finger to aid him.

The leaders display anything but disinterested patriotism, having political ambitions and being convinced that the present is only a stop-gap government until the drama meets. They prefer to jeopardize their own future by taking office in a government marked for sacrifice, yet they appreciate, as does Count Witte, that the old faction which is holding out at court would like to renew the struggle to action, unhouse the new power, and smash the whole reform movement. They admit that Count Witte is the only man in the present stage of transition capable of coping with the court militarists; nevertheless they refuse to assist him to get a firm seat in the saddle.

The danger of reaction is hardly worth serious consideration, however, even the disinterested advocates of the old regime realize that the emperor's star is irrevocable, that he could not withdraw it if he could, and that the attempt simply to place him in the saddle or a usurper of the people's liberties would precipitate an immediate

TEA

We don't know how good it can be, nor how bad it is—some of us.

THEORIES ABOUT FOOD.

Also a Few Facts on the Same Subject.

We hear much nowadays about health foods and hygienic living, about vegetarianism, and many other fads along the same line.

Health foods may be found in the larger cities where no meat, pastry or sweets are served and the food crank is in his glory and arguments and theories galore are tendered for human welfare, and almost make us believe that our stupid ancestors, who lived four-score years in robust health on roast beef, pork and mutton must have been grossly ignorant of the laws of health.

Our fathers had other things to do than formulate theories about the food we eat, and welcome was extended to any kind of meat.

A healthy appetite and common sense are excellent guides to follow in matters of food, and a mixed diet of grains, fruits and meat is probably the best.

As compared with grain and vegetables meat furnishes the most nutrition in a highly concentrated form and is digested more quickly than vegetables on the tables or grains.

Dr. Julius Remond on this subject says: "Nervous persons, people run down in health and of low vitality should eat meat as often as possible, as the digestion is not feeble at first, it may be easily corrected by the regular use of Stuart's Dyspepsia Tablets after each meal. Two of these tablets, taken after dinner will digest several pounds of meat, eggs or other animal food in three hours, and no matter how weak the stomach may be, there will be experienced a great increase in strength and the digestive principles penetrate disease, fungi and poisons which actually perform the work of digestion. Cheap cathartic medicines, such as castor oil, etc., for dyspepsia cures are useless for the reason, as they have absolutely no effect upon the actual digestion of food."

Dr. Remond says: "The only safe and the sensible way to solve the problem and cure the dyspepsia is to make daily use of Stuart's Dyspepsia Tablets, as directed by the medical professor and known to contain active digestive principles."

Count Witte's plan of government is simply a failure of the stupidest digesting and the sensible way to solve the problem and cure the dyspepsia is to make daily use of Stuart's Dyspepsia Tablets, as directed by the medical professor and known to contain active digestive principles."

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"Our safety lies in an educated citizenship. The best interests of labor are to be preserved through the instrumentality of the schoolhouse. There is no better code by which to live than the golden rule. It has been the guide of millions in ages past and it will continue to guide the conduct of millions in the future."

If you can do no kindly act to your brother, act not at all. I am a firm believer that as a people, we are growing in greatness and expanding in all the ways that make for better men and better women, for better homes, for a better city, a better state and better country."

AWARDS FOR AMERICANS Secured at International Exposition at Liege.

Liege, Belgium, Nov. 12.—Many Americans have secured high awards at the international exposition which has just been brought to a successful conclusion. Prince Eugene Troubetzkoy, who declined to accept the position of minister of education because of the party with which he is affiliated, is committed to a constituent assembly in an open letter to the public advised the people to support the new government in its efforts to restore tranquillity and Dmitri Shiroff and M. Gutekoff, who also declined portfolios, have returned to Moscow with the intention of organizing a distinct party of moderate to aid Count Witte.

The following individuals and societies receive awards for public philanthropic work: Miss Helen Gould, a grand prize; the American Institute for Social Service, grand prize; the Phila-

COUNTRY'S SAFETY.

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delphia Museum, the Young Women's Christian Association and the People's Institute, each a diploma of honor; the Household Research Society, a silver medal; the New York Nurses' Service Society, the Five Points House of Industry, each a diploma and a gold medal; and the New York Salvation Army, honorable mention. Churches of New York, Philadelphia, Boston, Cincinnati, Pittsburgh, St. Louis and Jersey City also receive awards.

The exhibition had six million paid admissions. Many American exhibitors are shipping their exhibits to the Milan exposition.

The new policy of nation education, which is one of the principal planks of Count Witte's platform, will be augmented by the transfer to the ministry of education of all the imperial educational institutions, which now are managed under the protection of the dowager empress. Their endowment of \$44,000,000 will thus be added to the national education fund.

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