

OUR CURBSTONE OBSERVER ON DIET.

I like to vary my observations, from time to time; and during this week of electrical (I mean electional) influences, of which I am satisfied, I feel like talking upon the very vulgar, but useful, subject of human diet. I have a fine example set for me by no less a personage than "Eustace H. Miles, M.A., late lecturer and honorar coach at Cambridge University, England." In a series of articles in the "Saturday Evening Post," this learned lecturer, and overloaded omnibus—I suppose that is what an honorar coach means—informs the public that to conserve health it is necessary to eat enough of "protein" or "albumen." He also gives his own bill of fare for each day, which consists of biscuit made out of the proteid or albumen of milk (no other biscuits are healthy), and some vegetables, fruit, and nuts. This is most interesting to me and highly instructive. The only trouble I find is that I don't know proteid, or albumen from any other component part of biscuits; therefore, I am not in a position to test the crackers that I buy. If I had a sufficient knowledge of chemistry, was a little of an alchemist, and could readily analyze my food, I might be able to save my health and prolong my life, by securing exactly what Professor Miles prescribes. In the majority of places that I have occasion to visit I can find vendors of biscuits, of all varieties; but I rarely meet with an analytical chemist who is ready to test my food-purchases on my way home from market. So I am one of the millions of unfortunate beings who cannot put the instructions of the Cambridge "heavy vehicle" into practice.

On the subject of meat, the learned professor says that it is poisonous, in as much as every animal that grows causes a certain waste, each time it allows any portion of its body to move; this waste becomes uric acid, which is a poison. Therefore, any person who eats the flesh of an animal, or of a fish, that has moved, absorbs a certain amount of poisonous matter. He does not state, however, what length of time should elapse between the animal's last act of moving part of its body, and its eating of that animal's flesh by a human being. I have yet to learn

what species of animal exists that never moved while alive. Ordinary experience teaches that one of the characteristics of life is motion; even an oyster moves. It is not at all likely that Professor Miles imagines that any person eats live animals; I have never yet heard of a civilized man eating a moving cow or sheep. For my part I prefer a motionless piece of beef to the best part of a perambulating cow. On the other hand, I have a decided objection to flesh meat that has not moved for a great length of time. A round of steak cut from a cow that has been a year dead would certainly never tempt any appetite.

After carefully analyzing this queer output of the lumbering stage-coach from Cambridge, I come to the conclusion that the professor is either a crank, or else he has allowed over-attention to his "honorous" duties to weigh more heavily upon his mind than upon his stomach. It is evident that his proteid and albumen biscuits have fearfully deranged his digestive organs. He must be subject to night-mare, or some form of hallucination. If the avoidance of flesh meat, and the eating of vegetables, nuts, and such like monkey diet is not productive of anything more rational than this essay on prescripts, the question is not whether meat contains proteid or any other ingredient; but whether they can get meat at all for their meals. Tell any laborer in our city that it is better and more healthy for him to eat four or five biscuits (made of the albumen of milk) than to have a pound of beef for his daily allowance, and he will give you an answer that possibly Professor Miles might not relish. In fact, I have a mortal abhorrence of these heartless philosophers, who spend their time concocting stuff that they seek to stamp with the impress of originality, at the expense of common sense and of common humanity. The world to-day has no time to bother with these dissertations upon what is absolutely impracticable.

NOTES FROM IRELAND.

THE LESSONS OF ELECTION.—The following is an extract from a letter which has been sent to Mr. C. P. Redmond, of Waterford, in reply to a communication addressed by him to Mr. John Redmond, M.P., asking how the Nationalist party stood in the Irish leader's opinion after the election:

Dublin, October 18th, 1900. My Dear Redmond.—You ask me what are the lessons of the election just concluded, and "how do we stand?" Well, I will answer your question frankly. First of all, in my opinion, the elections showed conclusively that the Parnellite split is at an end. Wherever contests occurred, entirely new causes were created, and everywhere all over the country Parnellite and Anti-Parnellites were found working together without any trace of the bitterness of the past. In the second place, in my judgment, the elections prove beyond the possibility of a doubt, the universal desire and determination of the people to have a united movement, in and out of Parliament, based upon Parnell's policy of independence, and even of distrust, of all English interference, a policy of absolute non-cooperation. The elections show we have once more a united country upon the old lines—and after the experience of the past ten years we can all say, thank God!

The General Election Fund, which was so generously subscribed by the people, was administered by the Most Rev. Dr. O'Donnell, Alderman Stephen O'Mara, and myself with the most rigid and scrupulous adherence to the terms of the trust under which the money was placed at our disposal. Whenever a candidate was selected by a convention, summoned as I have described, the necessary official expenses were provided by us irrespective of who or what the candidate was or what section he had belonged to in the past. None of the money was supplied by us in other cases where, as in North Louth and Cork city, contests took place between Nationalists, none of whom had been so selected by one of our conventions.

The next important lesson which I think the election showed is, that Nationalist Ireland is overwhelmingly in sympathy with the United Irish League. That organization has now received not only the sanction of the National Convention in Dublin last June, but also the sanction of the people at the polls all over Ireland. No other National organization is in existence, and my view is stronger than ever that it is the first duty of our people to join it and to help in spreading it all over Ireland. Some people fear it may not be wisely led, but if these gentlemen persist in remaining outside its ranks they have no title to complain. Let them come in and take their share and responsibility of guiding it.

As another result of this general election an absolutely united pledge-bound party returns to represent Ireland at Westminster. In my opinion the first mandate from the country to that party is that it must maintain unity and discipline in its ranks. I do not, of course, mean such unity as would, in reality, be slavery; but a real unity on essentials, insuring unity of action in Ireland and on the floor of the House of Commons. Some people fear that elements of trouble and seeds of future dissension may be found in the new party. Well, our duty is

not to presume or pre-suppose any such thing; but if dissunity arises it is our duty not for an instant to tolerate it. My own hope is that the bitterness arising out of some of the recent elections will soon die out, but that the lessons of the elections will sink into all men's minds and abide there. I trust that the new party will assemble in harmony. No one wants to go back upon the past, but it should be clearly understood that after the verdict of the people in these elections no party can exist in future which tolerates within its ranks any action which interferes with its unity and efficiency either in or out of Parliament or tends to lower and degrade it in the eyes of the world. For my part, I believe there is a great future before the new party. The Tory majority in the new Parliament is unyielding, and contains within itself, in my view, the seeds of early disruption. The needs of the immediate future are, therefore, in my judgment—First, a stern maintenance of unity and discipline in our ranks; secondly, a fearless and aggressive policy of combat in and out of Parliament; and, thirdly, a reasonable and faithful attendance to their duties at Westminster by all the members of the new party. This latter condition can only be fulfilled if the country places sufficient means at the disposal of the party. This I am convinced it will do to enable the party to start upon its work, and after that the support accorded to it will be in direct proportion to the services it renders to the country.

My own Irish questions will most prominently engage the attention of the new Parliament I can say nothing. The question of the over-taxation of our country, the claim of the Catholics of Ireland for equal rights with their Protestant fellow-countrymen in the matter of higher education and the urgent need for a real settlement of the land problem on the lines of compulsory purchase—all these matters must come up for early consideration and the chance of their settlement depends absolutely on the reality of our union and the strength of our organization. But for us, let it never be forgotten, the National question overshadows all others. Parnell took off his coat to make Ireland free, and the new Irish party must live and act up to the political teaching and example of the man who, among all the Irish leaders of the century, even including O'Donnell, knew best how to fight, and even to humiliate, England.

ADDRESS TO THE PEOPLE.—Recently Mr. John Rochford, hon. sec. of the Catholic Truth Society of Ireland, left for Rome. Having attended the preliminary part of the business of the weekly meeting of the committee, he was formally handed an illuminated address and beautifully bound volume of the society's publications, for presentation to the Holy Father. The Most Rev. Dr. Healy, Bishop of Clonfert, president of the society, will, it is understood, present the address and casket containing the volume, and will on the occasion be supported by several of the officials of the Catholic Truth Society and members of the Executive Committee, at present in Rome.

NO CRIMINAL CASES.—The Bench, in recent years, has paid a high tribute to Irishmen, of which the following is an illustration:—"Addressing the grand jury at the

Cork (E. R., Quarter Sessions, the Recorder of Cork (Sir J. C. Neilgan, Q.C.), said he was happy, very happy, to be able to tell them that their duties were very light. There were only three bills to go before them. Two of those were against the same person, so that there were only two accused people. When they remembered that the largest interval in the year was between this and the last quarter, and when they bore in mind the large extent of the country which this Grand Jury represented, this was an exceptionally small calendar, and the district might fairly claim to be a model one. The cases to go before them were really trifling cases after such a lengthened period.

THE CLARE DISASTER.—A committee, with Very Rev. E. Power, P.O., Lisdoonvarna, as chairman, to relieve the victims of the recent appalling bog disaster in Clare. The movement has the warm sympathy of the Most Rev. Dr. McCormack, bishop of the diocese, who has given aid to the sufferers. Father Power has issued an appeal to the charitable public on behalf of the poor people who have been thrown into such a state of misery by the terrible calamity.

HOUSING THE POOR.—The Corporation of Dublin have seriously resolved to grapple with the problem of housing the poor. On Monday a meeting of the committee of the whole house was held to consider the question. The Vice-Chairman, appointed some time ago, to inquire into the cause of the high death rate in Dublin had the question under discussion, and several recommendations have been made suggesting that a large sum of money should be provided for the erection of suitable houses, accommodation for the working classes, and particularly for the very poor.

Last November the town clerk of Dublin furnished a report upon the subject, says an exchange, and at a recent meeting this report was under consideration. According to the estimate of Sir Charles Cameron, whom the town clerk consulted on the matter, proper house accommodation is required for at least ten thousand of the very poor. These being taken with the other classes improperly housed, it appears that about 6,000 families require to be provided with healthy dwellings. The task is a big one, and for its accomplishment at least half a million of money will be required, together with an extension of the powers of the Corporation in several directions. At the meeting of the committee a proposal was made that the Corporation should proceed immediately to take steps to borrow £500,000 for the purpose indicated, but the project was ultimately adjourned for a month, pending a return to be drawn up by the Public Health Committee showing the area of the city slums, with their population.

NORTH AND SOUTH.—"Cork is asleep," wrote a Belfast man to the London "Daily Express" the other day. If we had that Belfast Bounder down here for half an hour or so we would teach him whether Cork is asleep or not. The cocksureness of some of these "Black-Northerners" is enough to make one use language which Lord Ashbourne might not like to hear. But a Mr. F. Allen writing to the "Express" from Leytonstone, says that Cork is showing more life and go-aheadness than Belfast. He says:—"Cork has a splendid service of electric trams, connecting every part of the city and suburbs, the fare being 1d., although some of the distances are upwards of three miles, and moving swiftly up hills almost impossible for horses. Dublin also has a fine service of electric trams. While 'go-ahead' Belfast has a miserable service of horse trams. Which city is asleep?"

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SPIRITED REMARKS ABOUT TRUSTS.

Bishop J. L. Spalding, of the diocese of Peoria, in a speech before the Teachers' Federation on the taxation of dodging corporations, electrified a great audience, says the "New York World." "Corporations which evade their honest debts are the oppressors of God's poor; they load their burdens on the working men and women," said the Bishop. "We have come to where we don't dare call things by their right names. We have largely the power of moral indignation." Other startling phrases uttered by the bishop were: "A wrong by a powerful man is doubly a wrong; a wrong by a great corporation is infinitely wrong."

"The corporation that grows rich while it deprives the poor man of the rewards of his labor is worse than a highway robber." "A corporation has no soul, they say; but a trust has a soul, a devil's soul." "You need not applaud," added the bishop, when interrupted at this point. "There is nothing political in these remarks. Don't both the great parties promise to kill the trusts, and are they not both lying?" What is at the bottom of this dishonesty? Greed, greed. The belief that money is man's chief good is the root of the commercialism—that it is more

important to have cheap goods and compete in all the markets of the world than to have free, honest, intelligent, self-respecting men and women. The time is bound to come when men, looking back fifty years or a hundred years from now will consider us as ignorant and as barbarous and as cruel as savages. Why are these trusts such an evil? I know they say they make themselves necessary. They would cut one another's throats if they didn't combine in a trust. They form a trust. They capitalize it at four or five times the value of their property, and then they have to pay dividends upon these fictitious values. To do it they grind the poor; they can't pay the teachers' salaries; they starve the children; they take the heart out of the mother, and drive the father to the saloon and to murder." The teachers have mandamus the State Board of Equalization to show cause why they should not assess corporations.

TERRIBLE EXPLOSION IN NEW YORK.

The New York "Freeman's Journal" says:—Forty buildings were wrecked by explosion and fire during the noon hour last week, on the two square blocks bounded by Murray, Warren, Chambers, Greenwich and Washington streets, New York.

Nearly five hundred men and women were injured, some seriously, most of them slightly. The number of dead is unknown, and will remain in doubt for two weeks. It will take that long to search the tangled mass of stone, iron and timber which covered the acres of wrecked property.

Forty-four were reported missing up to 3 a.m. Tuesday. The seriously injured numbered sixty. Some of these may die.

The explosion occurred at 12.25 p.m., in the seven-story and basement steel and stone building at the northwest corner of Warren and

Greenwich streets, occupied by Tarrant & Co., drug and perfumery makers.

Fire started at 12.10 p.m. The flames spread to chemicals of a dangerous nature. A preliminary and comparatively mild explosion warned the thousands of inspectors.

Then came a shock like that of an earthquake. It made the whole lower end of the city rock. It tossed iron and stone high into the air and knocked people in the streets flat upon the stones.

It filled the heavens with shreds of stone, iron, tin, paper, brick and mortar, the powerful currents from the loosened gases of the chemicals keeping them in the air twenty minutes. Some of the stuff fell in Wall and Broad streets, more than half a mile away.

Five massive buildings nearest Tarrant & Co.'s were crushed as if they were of paper. They burned fiercely, and the flames spread in all directions.

Within an hour one square block and the better part of another was almost completely demolished.

Close to the scene of the explosion is the wholesale glassware and crockery district. The concussion shattered tens of thousands of dollars of valuable stock. It broke all windows within a four hundred foot radius. People four blocks away were cut by falling glass and debris. The roar was heard two miles away, the shock was felt a mile distant. A mighty column of black then gray smoke shot 500 feet into the air, then a wonderful pillar of pink flame, which slowly changed to deep red, climbed fully 300 feet skyward.

Down in the streets the fearful crash had brought death to many, injury to hundreds. Warren, Washington, Greenwich, Chambers and Murray streets looked like a battlefield.

Men and women were lying upon the sidewalks and in the middle of the streets dazed and bleeding. They

said later they had been crushed to the earth as if some mighty force were pressing upon their heads.

It was the concussion. It was irresistible. It knocked over horses.

People all over the lower part of the city rushed panic-stricken into the streets and business places employing women were compelled to close and allow their terror-stricken employees to go home. It was the greatest explosion that ever occurred in the city and the most deadly in its effects.

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