The Proper Diet for Man on Blue Mondan

By OSCAR TSCHIRKY,



.UE Monday is due to the disarrangement of the system by the change in habits on Sunday from the routine of the week, and as a consequent result the liver is out of kilter on Monday and requires petting to make it come out of its sulks and aid us in getting over the most disagreeable day in the week, as it is to most of us.

If I were to prescribe for the average man who was suffering from Blue Monday, I would say that he mustn't eat any breakfast on Monday. I would tell him to eat a bit of fruit if he thought he had to have something to satisfy his stomach, and as little of his usual hot drink as possible,

whether it's coffee, tea or cocoa.

Then I should advise him to drink as much water as possible, and if he had to have a lunch I would tell him to have a cup of cold soup and a salad of fruit or vegetables, and a sip of hot tea, or iced tea if he could find sufficient stimulation in the food without the hot tea. If he would require more than that there are so many attractive and appetizing ways of preparing cold meats that there is no excuse for half of the discomfort that comes from the big lunches we eat.

The cold chicken breast in jelly with a little salad is enough of a meal for anyone and doesn't put much extra work on the digestive

If I could not get my patient to forego food on Blue Monday I ould prescribe a breakfast of fruit or salad with the smallest amount of salt fish that could be got along with, and for luncheon I'd have him take as much of his food with lemon juice or lime in it as possible, including a salad prepared with lemon juice in lieu of vinegar and with plenty of lemon in tea either iced or hot.

The abstinence treatment is the surest cure for Blue Monday, but you can't get most people to take a chance on it. I was prescrib-ing the abstinence cure for Blue Monday to a patron the other day, when he said:

"That's funny advice to give people when you have a lot of dining-rooms around here."

I explained to him that they were all the more important and

attractive to every one who cared to try the abstinence treatment for the fore part of the day, for if you follow my advice you will find that by dinner time, assuming you are well in other ways, you will go eagerly to the dining-room for dinner and be surprised at the interest will take in dinner, and with what a relish you will eat it after you will take in dinner, and w trying the Blue Monday cure.

Momen Rule the To - Dan Stane

By FRANK McKEE, Manager of Daly's Theater, New York City.

Women rule the theater, and women cannot be made permanently enthusiastic over anything that is not wholesome and pretty. Women in general have given their approval to musical comedy, but it must be along perfectly

honest and legitimate lines. Midnight supper scenes and show girls with suggestive lingerie in sextets, octets and all the other formations have had their day. The pretty faces are in greater demand than ever. but they must be placed in settings that are nearer to nature as we

Women make the atmosphere of a theater, and when you have established a reputation for a playhouse that is of the kind that Mrs. Grundy can send the girls to with safety you have to be careful not to undo it, which can be done with one matinee; and anyone who has the contract to sustain a theater's reputation and have it make money at the same time welcomes the growth of the fashion to the whole some and better change that is coming over the theatrical world.

There is no business that is so susceptible to rapid change as the theatrical business, and there is no institution that so reflects the sentiment of a people. Hundreds of plays are rejected every year because while they may be of the best construction and have all the finish of a good work, they contain some idea that everyone of expe-

rience knows will be rejected by the public.

A playwright will make a fine play and make the biggest scene touch on religion, which means failure before the thing has been read. Politics is almost as dangerous, and the sex problem play cann be more than a sporadic success, and then only draws from a class.

We want wholesome plays, say the women, and wholesome plays we'll have to give them, with music and costumes and other novelties just as attractive and new as in the other kind.

Conesty the Rule in Business

By DR. LYMAN ABBOTT.

There are all sorts of business methods, as there are all sorts of homes and dresses and scholarship. The great majority of business men in America are inspired by principles of genuine integrity. The frauds and depredations The

and violations are exceptional traits and, compared with the great volume of business done in America, are very exceptional. The en-terprise and ambition of Americans lead at times to methods that are

not honest and sometimes to methods that are flagrantly dishonest,
Moreover, competition easily passes from the
legitimate to the illegitmate and becomes war.

As to dishonesty in the government, it may be said that what is characteristic in America, and is not characteristic in any other country, is the almost unanimous de-sire for fairness and honesty. Political corruption is not so great in America as it was in England in the eighteenth century, nor is it so great in America as it is in some

European countries to-day. So far as I can judge, the average of integrity and ability upon the bench in America high. Corruption and favoritism of any

AMERICAN FEDERATION ENTERS

APPEAL MADE TO TOILERS

Latter Urged to Act in Unison
Polis and Ald Friends of Workingman—Ignored by Congress in Past.

Washington.—The executive council of the American Federation of Labor. Sunday made good its declaration of several months ago to enter the field of politics in the interest of trade union movement and to exhort all members and friends of organized liber. The council was all the field of the

BOLT STRIKES GRANDSTAND.

Five Persons Killed Outright at Mani-

towoc Ball Game.

Manitowoc, Wis.—Just before a game of ball between a local team and a Plymouth, Wis., nine, a feerce electrical storm sweet over the city Sunday afternoon and a bolt of lightning hit the grandstand, where the spectators and players had sought

shelter.

Five persons were killed outright and a score or two figured by the shock. The dead: Albert skuhra, 28 years; Walter Handi, 18 years; Irvine Woellert, 20 years, Anton Karke, 14 years; William Knautzen, 16 years.

Most seriously injured: Harvey Kone. 14 years; William Knautzen, 16 years. Most seriously injured: Harvey Kono. 10 years, Ilmbs paralyzed; Prank Boehn, 17 years, splinter of wood forced into breast; Walter Boehn, 12 years, splicked, unconscious; Theodore Hurmeister, 14 years, criphe, paralyzed, may die. When the storm came up and it began to rain all sought shelter in the grandstand. The bolt struck the roof and descended more after the conduction.

grandstand. The bolt struck the roof and descended among the crowd, and of the 150 there half of them were stunned. Two were found dead in the stand and the other three just outside on the field. The work of rescue pro-ceeded during a terrific storm, scores vomen hurrying to the grounds earch of their sons who were at

Supreme Court Decides for State in Suit to Collect Taxes.

Supreme Court Decides for State in Suit to Collect Taxes.

Lansing, Mich.—The state gained an important point in its last of the great railway cases by a decision of the supreme court Monday afternoon, in the case of the state against the Michigan Certari railroad to collect \$4,000,000 in back taxes, claimed to be due the state under an included the state of the state against the Michigan Certari railroad to collect \$4,000,000 in back taxes, claimed to be due the state under an except the state of the state

company appealed.
The supreme court sustained Judge
Wiest.

Car Strike at New Bedford.

Car Strike at New Bedford.
New Bedford, Mass.—More than
500 motormen and conductors, some
of whom are not members of the
street railway union, struck Tuesday.
The service is crippled. The point at
lasue is recognition of the union

Stromboll Volcano Spouting.
Palermo.—The Stromboll volcano, after quieting down, has again become violently active. The ashes reached Sicily, lava is pouring out of the crater and the population of the island of Stromboll is most excited.

FOR CAUSE OF LABOR TRAIN PLUNGES INTO LAKE STAND BY TARIFF.

AT LEAST NINE PERSONS ARE

Engine Jumps Track While Going Around Curve at Frightful Speed.

Spekane, Wash.—At least nine persons are believed to have persahed and a score of others injured in the wreck of Great Northern passenger train No. 3, westbound, near Camden, Wash, when the loomotive, mail, baggage and smoking cars left the rails on emerging from a tunnel and plunging over the 7e/10ot embandment into the waters of Damond lake, ment into the waters of Damond lake, The water of the person of Spokane, had been recovered. The engine is believed to be about 60 or 70 feet under water and the bodies of Engineer Musson and Fireinan Bell may not be recovered for days. It was thought the mail and baggage cars, with the bodies of Mail Clerk Donner and Raggageman Strickland, would be recovered lefter night. The ligured are reported to be progressing.

Donner and Baggageman Strickland, would be recovered before hight. The Injured are reported to be progressing favorably. No inquest has yet been ordered by the coroner of Stevens county.

The wreck probably was caused by excessive speed on a down grade at a curve. The theory is advanced that the engine may have got beyond the engineer's control.

Immediately after the smoker struck the water there was a blinding flash, which spread over the part of the car not submerged, and a fire followed. The impact was so terrible that several cars on the rear of the train were wrenched and twisted, and only the fact that the couplings did not break on the dising, tourist and

TWENTY KILLED IN WRECK.

Collision Between Freight and Pas senger Train-Injures 23.

senger Train—Injures 23.

Charlotte, N. C.—In one of the worst railroad casualties in the history of this section, about 20 people were killed and more than that number injured as the result of a head-on collision between a through east-bound passenger train and an extra freight near Rockingham, N. C., four miles west of Hamlet, at 8:20 ociock Sunday evening. Many of the

tra Ireigni near rocationam, N. C., four miles west of Hamile, at 8:30 o'clock Sunday evening. Many of the victima are said to be negro to the general transport of the season of the se been killed while the engineer of the freight saved himself by jumping. Only a few of the bodies extricated from the wreck have been identified.

PEACE UNION IN CONFERENCE

London.—The fourteenth conference of the interparliamentary union London.—The fourteenth confer-ence of the interparliamentary union was opened in the royal gallery of the palace Monday. Adherants of inter-national peace from all the parlia-ments of Europe, as well as several of those of the western hemisphere, were present, but hardly had the con-ference opened when avuit a seem of were present, but hardly had the con-ference opened when, amid a scene of excitement, Prof. Maxim Kovalevsky, a member of the lower house of the Russian parliament, announced that he and his colleagues, representing until Sunday the youngest parliament in the world, would be obliged to withdraw in consequence of the dis-solution of the body they were offi-cially appointed to represent. There were about 500 delegates present, the American representation being headed by Congressman Rich-ard Bartholdt, while William J. Bryan occupied a seat on the platform.

PACKERS APPEAL REBATE CASE

Lack of Jurisdiction and Error in In-structions to Jury Alleged.

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St. Louis.—Transcripts and bills of exceptions were filed Tuesday in the United States circuit court of appeals by Armour Packing company, Swiff & Co., Morris & Co., and the Cudahy Packing company, which were convicted in the United States district court at Kansas City on charges of accepting rebates.

One of the claims set forth in the bills of exceptions is that the court at Kansas City had no jurisdiction, as the indictments failed to show that the alleged offense was committed within its district.

Failure to charge the jury "that if the consignment is a through expert shipment, to a foreign port, then the verdict should be for the defendant," is also alleged in the bill of exceptions.

DECLARATION OF THE LEAGUE OF REPUBLICAN CLUBS.

ngley Law Upheld as the Best E Enacted—Benefits It Has Con-ferred on the Whole People.

Ferné on the Whole People.

Too much importance cannot be attached to the tariff planks of the platform dopted by the Republican National league at the Golden Jubilee convention in Philadelphia. It is the only platform that can be called the omeial utterance of the Republican party of the eatire union for 1906. It was framed by a committee representation of the state of the control of the cont

manufactures for export and domestic sales."

There are no equivocations, no plati-tudes, no generalities, no compromises in this Philadelphia platform. It is an open, hosest, hold declaration, and it has the signed indorsement of every member of the committee on resolu-tions and the rising and verbal in-dorsement of every delegate in the convention.

BRYAN ON TARIFF PLATFORM

Undoubtedly That Will Be the Der ocratic Position in 1908—Duty of hepublicans.

The Democrats of the country are proparing to go wild over William Jeanings Brayan. Every leading Democrat in the country, excepting Grover Caveland, is now for Brayan. Heart of the Country, excepting Grover Caveland, is now for Brayan. Heart of Missouri, in line, ex-Gov. Francis, of Missouri, in line, ex-Gov. Francis, of Missouri, and the present time of the Country of the Caveland Brayan and the Democratic and the Democratic should themselves hoars. Col. Bryan will undoubtedly be the Democratic should themselves hoars. Col. Bryan will undoubtedly be the Democratic should be the tariff. Bryan was elected to congress, the first time, on the tariff issue. His first fame came as the result of a great free trade as the bouse on their shoulders. It is believed that Bryan will not, talk about the money question in 1998, but will attempt to charge the tariff with being responsible for all the trusts, combines and monopolies then in existence. Heyan is so smart that he will be able to make a wonderful campalar in favor of cutting down the will advocate the deciring down the will advocate by Gov. Albert B. Cummins and Judge S. F. Prouty, of this city, whill do in case the Republicans in the northwest may be a significant to the propose on the stump for their decirines no one can now forested. Possibly the year, 1908 will see the professional who believed in the Republican in the northwest may as against the professional which he propose on the stump can be proposed. Possibly the year, 1908 will see the professional who he levels in reduction and the prosperity which protection and the prosperity which protection has brought. If all the Republicans in the northwest may contain the professional carry the state. Will they do it? Time alone will tell.—Deb Moines Capital.

ducing in the least degree American and their remain the same in manufactures for export and domestic sales.

The protection that has raised our labor and standard of living to a higher plane by far than can be found elsewhere the world over.

"We indorse the sentiment of William McKinley, that the principle of a protective tariff is sacred, but that acheulus should be changed when conditions of industry, commerce and conditions of industry, commerce and conditions of industry, commerce and conditions are surplus of revenue; unparalleled activity in our factories, forests and mines; profitable prices for the products of our farms; greater bank clearings and relatively less failures than ever before; a continually larger volume of employment at higher bank clearings and relatively less failures than ever before; a continually larger volume of employment at higher and the search of the products of our farms; greater bank clearings and relatively less failures than ever before; a continually larger volume of employment at higher and the search of the products of the produc

Ten Years Ago.

Thanks to Providence and the protective tariff on wool, the New Mexican sheep growers are so far enjoying the best beason ever had in the history of that industry in the territory. Properly translated this manas that they should be grateful to Providence and the Republican party of the nation.

Lest they forset the New Mexican

guite, universal and equitable to every industry."

They then call attention to our home market, "no longer compared with that of a single nation, but measured only by the markets of the entire world combined."

Not only that, but a greater portion of the world's markets has loven gained than is possessed by any other nation, "no matter how cheap its labor or how free its raw material."

And that have do sometimes meet foreign competition by recourse to the freeling competition by recourse to the methods of other nations in sales at ruling world prices, "but without reducing in the least degree American wases, which remain the same in manufactures for export and domestic sales."

There are no equivocations, no plait-tuides, no generalities, no compromises in this Philadelphia plaitorm. It is an open, honest, bold declaration, and thas the single and verhal in.

Take Years Ago.

Thanks to Providence and the protective tariff on wool, the New Mexican askep growers are so far enloys that the providence and the protective tariff on wool, the New Mexican sheep growers are so far enloys that the providence and the protective tariff on wool, the New Mexican sheep growers are so far enloys that the providence and the providence and the protective tariff on wool, the New Mexican sheep growers are so far enloys that the providence and the providence and the providence and the providence and sheep growers are so far enloys that the providence and the providence and sheep growers are so far enloys that the providence and the providence and sheep growers are so far enloys and sheep growers are so far

Wife Slays Husband.

Cherokee—John Dauryn aged 66 yenn, well-don Henry Share of Syntam, well-don Henry Share of Syntam, well-done her will be share of the committee on resolutions and the rising and verbal indoorsement of every delegate in the convention.

A Condition of Unrest.

It is true that there is "a wonder ful unset all over the country"— that they have had many quarrels of late and recently they separated.

Ousted Chief Refuses to Quit.

East St. Louis—Chief of Pollee
George O. Purdy, officially ousted by the city council, still is in power. He declared Toesday he will not quit until Mayor Cook, who appointed him, tells him to do so.