Maryland Journal

TOWSON, MD.

Saturday, August 3, 1889.

DEMOCRATIC PRIMARY MEETINGS —AND— COUNTY CONVENTION.

ELECTION FOR STATE AND COUNTY OFFICERS.

At a meeting of the Democratic Executive Committee held at the Court House, Towson, on Wednesday, July 10th, 1889, to call primary meetings for the election of 5 delegates from each District to a County Convention to nominate county officers and members to the House of Delegates, the following was transacted:

On motion of Samuel Brady, Primary Meetings were called to be held on

Friday and Saturday, September 13th and 14th, 1889,

From 2 o'clock P. M. to 7 o'clock P. M.,

(each District to select upon which day they would hold them,) for the purpose of selecting 5 Delegates from each District to a County Convention, to be held at Towson,

Monday, September 16th, 1889,

At 11 o'clock A. M.,

To nominate candidates for

SHERIFF,
COUNTY COMMISSIONERS,
COUNTY TREASURER,
COUNTY SURVEYOR, and
SIX MEMBERS OF THE HOUSE OF DELEGATES.

The voters of said Primary Elections will also elect 3 persons from each District to serve as members of the Democratic Executive Committee for two years.

The Primary Meetings will be held as follows:

FRIDAY, SEPTEMBER 13th, 1889.

Dist.	Place of Meeting.	Hour of Meeting.
1	1) Cold Spring Hotel	2 P. M. to 7 P. M.
9	2) Andy's Hotel, Towson	2 P. M. to 7 P. M.
	3) Cooper's, Mt. Washington	2 P. M. to 7 P. M.
	1) Boarman's, Wright's Stand	2 P. M. to 7 P. M.
11	2) Thomas Carney's	2 P. M. to 7 P. M.
	3) Nichols' Tavern	2 P. M. to 7 P. M.
	1) Chas. Jones', O'Donell st.	2 P. M. to 7 P. M.
	2) Waters'	2 P. M. to 7 P. M.
12	3) Gardenville	2 P. M. to 7 P. M.
	4) Butty Hill	2 P. M. to 7 P. M.
	5) H. F. Mann's, Orangeville	2 P. M. to 7 P. M.
	6) Grange Hall	2 P. M. to 7 P. M.

SATURDAY, SEPTEMBER 14th, 1889.

Dist.	Place of Meeting.	Hour of Meeting.
12	1) Newberg Hall, Catonsville	2 P. M. to 7 P. M.
13	2) At Joseph Merkle's	2 P. M. to 7 P. M.
	1) Wetheredville	2 P. M. to 7 P. M.
2	Randallstown	2 P. M. to 7 P. M.
3	2) Walter's, Arlington	2 P. M. to 7 P. M.
	3) Running Pump	2 P. M. to 7 P. M.
4	1) Reisterstown, (Hiteshue's)	2 P. M. to 7 P. M.
5	Jackson & White House	2 P. M. to 7 P. M.
6	Merriken's, Middletown	2 P. M. to 7 P. M.
7	At Parkton	2 P. M. to 7 P. M.
8	1) Cockeysville	2 P. M. to 7 P. M.
	2) Cockey's, 10-Mile House	2 P. M. to 7 P. M.
10	1) Sabler's Hotel	2 P. M. to 7 P. M.
	2) Dorsey's	2 P. M. to 7 P. M.
14	1) Baughman's, Annap. Rd.	2 P. M. to 7 P. M.
	2) Hellman's Store	2 P. M. to 7 P. M.

The Primaries will be held under the following regulations:

No one be allowed to vote at said primaries but a Democrat and who shall be a registered voter of the District and Precinct at the time said primaries are held as shown by the certified copies of the Poll Books.

Where a difference exists among the members of the Executive Committee of any District as to the appointment of Judges and Clerks of Election at said primaries, then, in that event, the minority of the Committee of such District shall have the right to appoint one Judge and one Clerk of Election in each Precinct or District.

The following is a list of the Judges and Clerks for the Judicial Primaries as far as has been reported to the Chairman of the Executive Committee:

JOHN H. FOWLER, Chairman.

Attest:—THOS. R. JENIFER, Secretary.

July 13.—tm

THE JUDICIAL CONVENTION.

The County Convention which assembled in the Court House on Monday to elect delegates to a State Convention and also to elect delegates to a Judicial Convention, was a body of men of which the Democracy of Baltimore county may well feel proud. A remarkable feature of the Convention was the quiet which prevailed. In times past our County Conventions have been so boisterous that it was difficult for the officers to transact the business.—As a matter of course, much of the quiet was attributable to the fact that there was no contest for the Judgeship delegates. The business was transacted orderly and the Convention adjourned. We sincerely bespeak for the approaching County Convention a like condition of things, though that would hardly seem possible of attainment, as the contest will no doubt be very warm for several of the offices.

Many of the candidates for the county offices and members of the House of Delegates, "made hay while the sun shined," by making friends, and endeavoring to lay broad and deep a foundation which should result in their nomination for the offices sought, and their ultimate election. There was the best of feeling all round, and we learn from every District that good feeling prevails throughout the county.

We refer with pleasure to the enthusiastic feeling manifested by the Democracy of the county, through the Convention, for the renomination of Col. L. Victor Baughman, our present able Comptroller. The Democracy of Baltimore county will hail with pleasure his renomination, and will ratify by its vote its warm expression of regard. Our gallant young friend is destined to yet higher honors. He is now faithful over a few things, and will ultimately be ruler over many.

CHIEF JUDGE DAVID FOWLER.

On the 1st inst. Gov. Jackson issued a commission as Chief Judge, Third Judicial Circuit of Maryland, to Hon. David Fowler, Associate Judge, and the same was forwarded by Secretary of the State, Le Compte, to Mr. John W. Shanklin, Clerk of the Circuit Court for Baltimore County, and received Friday, 2d inst. The commission is as follows:

THE STATE OF MARYLAND:

To the Honorable DAVID FOWLER, *of Baltimore County—Greeting:*

Be it known, That reposing great confidence in your Judgment and Integrity, you are hereby appointed Chief Judge of the Third Judicial Circuit of Maryland, in place of the Honorable George Yellott, heretofore elected to and by the People of the Third Judicial Circuit, but who on the eighteenth day of July last attained the age of seventy years, and disqualified by the Constitution: to do equal right and justice, according to the Law of the State, in every case in which you shall act under this Commission, and to execute the same Office justly, honestly and faithfully, according to Law, until you shall be discharged therefrom.

Given under my hand and the Great Seal of the State of Maryland, at Annapolis, this first day of August, in the year of our Lord One Thousand, Eight Hundred and Eighty-Nine.

ELIHU E. JACKSON.

By the Governor:
E. W. LECOMPTE, Secretary of State.

In accordance with the Code a Judge of the Court of Appeals qualifies before the Governor.

There is a State tax of $50 upon the commission which Judge Fowler is required to pay.

The Baltimore *Sun* is in error in stating that N. Charles Burke will be a candidate before the same Convention which is to nominate Judge Fowler. A Convention to nominate an Associate Judge will be held thereafter.

FOR HOUSE OF DELEGATES.

In addition to the names of Messrs. John Hubner of the 1st District and Thos. Chew Worthington of the 2d, we have heard the names of Messrs. Samuel Brady of the 3d and A. R. Hancock of the 13th mentioned for the House of Delegates. Mr. Brady is well known, and Mr. Hancock is a recognized business man. For twenty years he has been in the employ of the Baltimore and Ohio Railroad as freight agent at Spear's Wharf, and is a gentleman of the highest integrity of character. He would make a capital member of the House.

☞Judge Bond, of the United States Circuit Court, has granted a preliminary injunction against 81 citizens of Queen Anne county, restraining them from disposing at public sale, drift logs which floated upon their shores from the Susquehanna River after the freshet of May 31st. The boom at Williamsport, Pa., having broken, 900,000 of the logs drifted down the Susquehanna River and into the Chesapeake. These logs contain 100,000,000 feet of lumber.

THE "BELT" TROUBLES.

With becoming humility we appreciate the sarcastic sarcasm of our esteemed neighbor the *Sun* in its issue of Monday morning 29th ult., when it observed as to affairs in the "Belt":

"While thanking the MARYLAND JOURNAL, of Towsontown, for the interest it takes in the relation of the Belt Wards to the city, it may be appropriately suggested that the city government is competent to manage its own affairs, that this matter of paying the city employees in the new Wards will no doubt be speedily settled, as it ought to be, to the satisfaction of the parties concerned."

We would say very respectfully, however, to our neighbor that the "Belt" section is theoretically not theirs until the year 1900, for the reason that the city might not fully carry out the agreement which it made with those people when it seized the "Belt." Not that we could probably be able to enforce the fulfilment of the contract, only in a theoretical way, but we love fair dealing all around, and as most of those people were our late "companions in arms," we feel a becoming interest in their welfare. Our neighbor's remark that "if there be politics in it it is a bad place to put politics," is apropos, but we really cannot see it in that light, and we do not think we are color-blind.

We are exceedingly gratified, however, that the Mayor has found a way out of the difficulty. He has consulted the city's legal officers, Messrs. Bernard Carter and F. S. Hoblitzell, and they agree that as the Council by ordinance authorized and directed the appointment of the employees of the city in the "Belt" it was incumbent upon the city to pay them, otherwise the city would be liable at suit, and the Council could be compelled by mandamus to provide payment. As soon as the law officers made known to the Mayor their opinion the Mayor at once directed the City Comptroller to issue the necessary warrants for the payment of the firemen, lamplighters and others entitled.—This will be gratifying to the men and prevent further "shaving," to which they were subjected upon the certificates given them.

As to the 19th section, the tax-rate provision, there is not a shadow of doubt as to its unconstitutionality, and we are pleased that this belief is shared by the opinion of eminent legal talent in the city.

We respectfully ask our neighbor of the *Sun* to point out the power of the city, under either its charter or the Constitution of the State, to tax A. S. Abell & Co. $1.90 on the $100 upon the Sun Iron-Building, and the property of A. S. Abell & Co., in the "Belt," 60 cents, under the same power of taxation and within the same limits. We do not wish our neighbor to theorize about it and bring into it any supposed good faith the city may be bound for in the matter, but we expect it to show where it gets the power which it now possesses, if under the Constitution? We know our neighbor will refer us to the Annexation Law, but we respectfully submit that the Legislature cannot pass a law, the provisions of which would be violative of a fundamental principle of the Constitution. As to the justice of a tax for property in the city and another for the "Belt," under reasonable circumstances; for instance, a "farm tax" rate similar to that of Philadelphia after that city took in all of Philadelphia county, that is another question. But our neighbor cannot show where any of the land it has taken in is considered "farming lands," as in the Philadelphia case. Ours is all valuable country seat property, and as such is held at very high rates. Our neighbors don't farm "Guilford," except that the place produces excellent crops of grass. It would make a splendid farm, for we learn the land is in good condition, but it is held at a rate far above farming land, for country seats, or more particularly, for squares of a city, where land is rated by the foot and inch and sold that way.—Therefore, "Guilford" ought to pay $1.90, for it will receive all the benefit of the new order of things, whilst A. S. Abell & Co., down in the heart of the city, is paying $1.90 to help benefit A. S. Abell & Co., who pays 60 cents for "Guilford." That looks a little like "robbing Peter to pay Paul."

If our neighbor could hear the uncomplimentary remarks made by hundreds of the taxpayers in the old city limits, as to their being forced to pay $1.90, whilst the Beltites pay but 60 cents, and the latter property to receive all the benefit for twelve years to come, they would not feel very comfortable about it. The condition of A. S. Abell's property in the city and that in the newly acquired territory is exactly the same as to every other taxpayer similarly situated; and the hardship is still greater where no property in the "Belt" is owned by a city taxpayer. It would be great injustice to the residents of the "Belt" if that locality were to receive for twelve years only the 60 cents now collected from it, in view of the increased expenses of running it. The Police Commissioners get just what they ask for because the law gives them that right, and it cannot be interfered with by the city. Then the balance is divided around among firemen, lamplighters, &c., and it does not begin to go around. So the city treasury must furnish the deficiency. And when the old taxpayer knows that a large and constantly increasing deficiency for the "Belt" is yearly presented to the City Council, to continue for eleven years longer, he will think some pretty vigorous thoughts, if he does not give audible expression to them; and he generally does give such expression.

In the meantime the city will spend hundreds of thousands of dollars laying water mains, and opening streets, and building School houses, all to come out of the city treasury, and the "Belt" people paying only 60 cents!

Is not that enough to make any man say

THE PRESIDENT AT BAR HARBOR.

Final arrangements have been made for President Harrison's trip to Bar Harbor next week. He will leave Washington at 9.40 A. M. August 6th, in a special car attached to the Limited Express for New York on the Pennsylvania Road, and take the Fall River boat that evening for Boston. The day and night of the 7th he will remain in Boston, leaving on the morning of the 8th for Bar Harbor in a special train over the Boston and Maine and Maine Central Railroad. He will make no speeches en route. He will be accompanied by Private Secretary Halford. After the visit to Bar Harbor the President will make a short visit to Indianapolis. The President also hopes to spend some portion of September at Deer Park. He seems in perfect health and says he has been greatly benefited by his short sojourn in the mountains. Mrs. Harrison will not go with the President as originally intended. She will stay at Deer Park.

RIGHT, BRO. VAN.

Baltimore's "Belt" is likely to prove quite expensive. The "Belt" people expect much from the city, and to meet their demands would necessitate a considerable increase of taxation. What Baltimore realizes from having the "Belt" is nil, except the satisfaction of appearing in the census tables as having a little more population and wealth. The city reached out too far. Its hands should only extended to the portions of the county that were built up city fashion, like Canton and the Northern section.

[*Westminster Advocate, 27th ult.*

☞There will be an orchestra of about 300 singers to take part in the exercises during the approaching Exposition in September. Selection of patriotic songs will be sung immediately after the sham battle at Pimlico on the 12th and at the dedication of the new Post Office building and the bail at the Concordia.—The "Star Spangled Banner" is to be sung at the appropriate time on the night of the bombardment of Fort McHenry on the 13th.

PATENTS GRANTED.—Patents granted to citizens of Maryland during the past week and reported for the JOURNAL by C. A. Snow & Co., Patent Lawyers, opposite U. S. Patent Office, Washington, D. C., are as follows:

J. B. Barnes, Baltimore, dust collector.

☞Governor Lee, of Virginia, has expressed his confidence that the Democrats will carry that State at the next election, notwithstanding Gen. Mahone is reported as "in the saddle." The Legislature will undoubtedly be in the control of the Democracy.

ANOTHER TRUST COMPANY.

Messrs. Jacob Tome, Eugene Levering, David L. Bartlett, German H. Hunt and James A. Gary, have organized a new trust company in Baltimore, known as the National Trust and Guarantee Company, with a capital of $1,000,000, with power to increase it to $2,000,000.—These immense aggregations of money in the hands of a few men, whilst developing the industries of the country, can actually control much of its business. In the hands of equable, fair men, they cannot but be of great benefit. But, at the same time, they are susceptible of great abuse by designing men. The character of men at the head of them, however, ought to be and is a guarantee that only legitimate methods will be used through their tremendous powers. Wealth, however, has the power to protect itself, which nothing but revolution can overthrow. With a government as free as ours, revolution on account of the oppression of capital, is not likely to occur. The frequent expression of the masses of the people, through not only their State legislatures, but through Congress, can always be relied upon to correct any evil which might oppress either the business interests or the labor of the country. Men associated in trusts are not likely to do anything to impair the just and legitimate operation of their companies. And as aggregations of capital are made for proper purposes, hedged by law, it is not likely they would step outside of law and oppress anything which would in the end impair their usefulness or be destructive of the business industries upon which alone they thrive. The public is watching these trusts with a jealous eye, and would no doubt correct any evil which might arise whereby the great body of the people might become oppressed. No condition of oppression could long exist and be useful to the oppressor, no matter howsoever well he might guard it.—There is a divine right of power, as well as that asserted for the king; but power is the People themselves, and though they might be temporarily oppressed, the equal divine right of justice would eventually operate as a bar and power reassert itself. Thus, everything is in the hands of the people, who make and unmake at pleasure. So, if trusts oppress us, we have the remedy in our own hands.

WITH LITTLE FAVOR.

The effort of the Crescent Club to get the other Democratic Clubs in Baltimore into a conference to consider "the situation," does not seem to have met with much success, as the Calumet and other Clubs respectfully decline the conference. Under the existing state of affairs between these two Clubs, it would hardly seem possible to get one to agree to anything the other might desire. There appears to be a very bitter feeling between them on account of past events, the main thing being the defeat of Hon. Isidor Rayner. The chieftains of the two Clubs being at daggers points, the members of each will likely follow their leaders, and thus the Democracy of the city will be seriously handicapped unless the quiet, usually stay-at-home vote should, in its majesty, arise and settle the matter. There is a likelihood that they will do this, and it is earnestly hoped that by such course the troubles existing for some time would be brought to final consummation.—When Democratic Clubs get to fighting each other the best thing to do is to reorganize them, or, failing in this, the only thing to be done is to "discipline" them. Otherwise they would swallow up the party.

A TORNADO IN NEW YORK.

On Tuesday 30th ult. at about 7 o'clock A. M. a tornado struck Ellis Corners, Ulster county, New York, four miles west of Highland, destroying a large amount of property and injuring a number of persons. The tornado, which was accompanied by a roaring sound which terrified the people, seemed to come from a funnel-shaped cloud. Matthew Hartcourt's vineyard was completely ruined, and every tree in his apple orchard was rooted up, the trees being carried away as though they were feathers.

The house and barn of Charles Nelson were struck and completely demolished, broken timbers being carried hundreds of feet. Mr. Nelson and his wife were blown out of the house along with the flying timbers, and both were seriously but not fatally injured.

Two barns belonging to Patrick McGowan were totally destroyed. Mr. McGowan, who is 80 years old, was so badly injured that no hopes of recovery are entertained. There being no more buildings in the path of the tornado, no other serious damage was done. Bed quilts and dresses belonging to Mrs. Nelson were found in a pond four miles from the scene of the accident. Huge timbers were also found stuck up in the mountains some distance away. The loss will be very heavy.

☞After a week's quite angry discussion the English Parliament very properly granted to the eldest daughter of the Prince of Wales, a regular annuity of £9,000 or about $45,000 upon her recent marriage with the Earl of Fife. The vote stood 358 for to 134 against. After the millions annually and willingly given to the royal family, the sum was a small one to higle over. The English people are jealous of the high standing of their royal family and are not going to belittle them by any niggardness as to a few paltry dollars. Any nation should feel proud of a monarch who has reigned so ably and acceptably as has Queen Victoria for fifty-two years. Mr. Gladstone and Mr. Parnell voted with the government upon the issue.

COLORED TROOPS IN CAMP.—The colored militia companies of the Maryland National Guard, consisting of the Baltimore Rifles, Capt. Geo. M. Matthews, and the Monumental City Guards, Capt. Wm. R. Spencer, went into a week's camp at Frederick Junction on the 27th ult. The camp is in charge of the following white officers: Capt. R. P. Brown, commanding; Capt. W. G. Foster, acting adjutant; Capt. R. Dorsey Cole, quartermaster; Dr. T. F. Thomas, surgeon. The same tents used by the military at their recent camp were used by the colored troops, and the same regulations were observed as in the camp of the white troops.

☞The JOURNAL is indebted to Rev. Page Page Milburn, Pastor of Towson M. E. Church, for copies of French newspapers, *Le Moniteur Universel* and *Le Figaro*. Both are printed from large types, and from perusing them it would not seem that the French people ought to be afflicted with diseases of the eye from small print. The *Universel* was founded in 1789 and is therefore 100 years old. Rev. Mr. Milburn expects to arrive in New York to-morrow (Sunday 4th.)

☞Maryland's sea-side resort, Ocean City, is doing well the present season, being well filled with visitors. The Peninsula Express, of the Philadelphia, Wilmington and Baltimore Railroad, might also be called the seashore express, as it runs direct to Ocean City, Md. without change and connects closely for Reho-both. Both of these delightful resorts are popular in Baltimore. The train leaves Union Station 2.30 P. M. week days.

☞Gradually the American Navy is getting to be of some importance, and will soon assume its place among the nations of the earth.—When there is a decent Navy to protect our commerce, then will American bottoms be seen upon the ocean, with the stars and stripes floating from its appropriate place. From present appearances there does not seem to be a doubt that the American Navy will soon again be the second in the world, as it has been heretofore.

NEW MUSIC.

"Robin's Farewell," Caprice for Piano, by Fisher. Brilliant, not difficult, and easy to commit to memory. A capital piece for young progressive pianists. Mailed on receipt of 50 cts. in 2-ct. postage stamps, by any music dealer, of IGN. FISCHER, the publisher, Toledo, Ohio.

☞The Lewis Brothers, extensive dealers in dry goods at Philadelphia, failed last week for $3,500,000. Their assets are valued at $4,000,000. The firm is expected to resume business this week.

☞Adam E. King (the General, we suppose,) has had his pension rerated and gets an increase. Hello! what's out!

[Correspondence of the MARYLAND JOURNAL.]

OUR BALTIMORE LETTER.

A Courteous Request—An Interesting Question—Not an Optional Matter—The Philosophy of Eating—The "High-Dilution" Methods—The Example of Thoreau—Unkind Generosity—A Few Facts and Figures—Some Bills of Fare—Advantages Thereof—Mistakes.

BALTIMORE, August 2d, 1889.

In compliance with a courteous request, made through the office of the JOURNAL, for some definite information upon the manner in which one is possible for a person to subsist comfortably upon "one quarter of a dollar a day," it is only fair that the statement recently made in this correspondence concerning this subject should be set forth and substantiated. Consequently, the present chapter will be devoted to the task of showing the aforesaid "many readers" just how it is within their power to live comfortably upon very limited means, and so trying to elucidate a question in which almost everybody is directly interested, but which the vast majority of people do not begin to understand.

The business of eating is always an expensive one, both as to the time required in preparing the food, and the money or muscle spent in securing it; and there is a great deal of ignorant or reckless waste practiced in this department of life; for we could put both time and money to much more judicious and agreeable uses than we usually do in this case. But the taking of food is not an optional matter with us: we are obliged to eat, not only to maintain our strength, but to keep life in our bodies, and it would be just as wicked to refuse to eat food, as to commit suicide in any of the other various ways in which that crime can be accomplished.

So, eating being an inevitable necessity, the questions which remain to us are how, and what, and when, to eat, which, of course, all depend upon the reason why eating is an essentially necessary performance, or in other words, the philosophy of eating. And to put this in brief, our bodies are machines by means of which we perform certain works, and they are run by the aid of internal fires, which are kept up by fuel supplied to them as foods, of one sort or another. To manage the machine successfully, therefore, we must have fire enough to keep up a sufficient amount of steam, while at the same time we must be careful not to choke up the draughts by crowding on too much fuel. Hence, it is wise for everybody to try to have some understanding of the laws which govern the case.

Of course everybody cannot go very deeply into such studies on his own account; but numberless scientists have studied out all these questions, and have given us the results in books which are within everybody's reach; and we can, each and all of us do a little experimenting on our own individual responsibility. And, considering its great importance, in view of the fact that life, and health, and all our activities are in great measure dependent upon the conduct of our digestive organs, it is certainly worth people's while, not simply as a matter of economy, but for every other reason, to understand enough about it to enable them to eat properly.

The scientists have shown us that "food is the source alike of the material organism and the power it exerts." And from the amount of loss sustained by the system, they have calculated that rather more than two pounds of solid food, and three pints of liquid, are requisite to supply the daily needs of a healthy, full-grown man, doing muscular work, in the open air. Weaker persons, less actively employed, will of course be unable to digest so much in a proper manner, and should, consequently govern themselves accordingly. It is impossible, therefore for anybody to prescribe set and certain rules that will apply promiscuously; and people differ so constitutionally, at any rate, that no one can decide exactly what is right for any other, even though he is so fortunate as to find out the laws that govern his own case, and learn to apply a few general rules.

So, in trying to answer the questions referred to, no extreme case will be taken, but we will suppose a person in the medium walks of life, in fair health, and desiring only a plain, wholesome, nourishing, and palatable bill of fare. It is not proposed to give the homeopathic recipe for making soup by hanging up a little bird in the window so that its shadow may fall into a pot of boiling water: nor the heroic treatment of serving dried apples for breakfast, cold water for dinner, and (using them sweet), for supper: nor yet the delusive practice of simply tightening the belt, and imagining oneself full-fed. Neither is the example of Thoreau to be commended for anybody's emulation, though he brought down the expense of living to figures very much below those to be offered here.

He was an educated man, as the reading world knows, who tried for several years the experiment of living alone, in a little house which he had built on the shore of Lake Walden, near Concord, and attending to all his domestic affairs, so that he might have leisure to study nature without interruption, and to write books and do similar intellectual work. His diet was mainly of coarse breads, potatoes, rice, salt pork, with a few vegetables and wild fruits; and it cost him by actual count, the sum of about twenty-seven cents a week. He kept well, to be sure, and enjoyed life after his fashion; but most persons would wisely prefer a rather more generous system than his.

It is true that the most of us in civilized countries do eat entirely too much and are considerably the worse for it. We gratify the demands of our appetites, and are uncomfortable, and irritable, and contract dyspepsia, and other horrible complaints, because of our imprudent eating, though it is only fair to say that many of us would gladly do differently, if only we had proper food set before us, which our caterers are mostly too generous to do. Things are made so rich that our organs cannot stand them; and yet so attractive that our appetites cannot withstand them, and so we eat too much before we know it, and when the "dried apples swell" we are utterly miserable.

But now, to come down to the question of facts and figures, let us see what it will cost us to get up a few simple dinners, and other regulation meals. And inasmuch as it is difficult to buy a small enough quantity of food for only one person we will make the calculation for two; as in fact there ought to be at every meal, for it is a dismal thing for any one to take his meals in solitude. And besides there is less danger of waste in providing for two persons, than for one; while the labor involved is nothing like doubled, indeed it is scarcely at all increased; so that it is really much cheaper for two to live together, than to live separately.

Since nature, and custom, and science agree upon three meals a day for our race, we will try to provide them, though a healthy wild Indian can do very well with only a single one. But, of course, to have everything good, and yet of small cost, we must make our purchases only of such things as are in full season, and consequently at their cheapest, and happily at their best, as well. So, after a dish of oatmeal, or cracked wheat, or grits, of which one person will eat only about two cents worth, there may come a couple of eggs for three cents, a slice or two of toast for another cent, a spoonful of ripe or stewed fruit which may not cost one cent, and a small cup of strong Mocha coffee which should not cost three, with the sugar, and real cream, if that is desired; though the true epicure will take his coffee black. The coffee should not be gulped down at a draught, but sipped leisurely, and enjoyed; and it would be all that a Turk or an Arab would ask, for the Orientals understand the art of drinking coffee. But if the soul is still thirsty, sip slowly a little cool water, which will dilute the strong drink; and when "the apples swell," there will be no sense of discomfort.

This breakfast for one person would cost ten cents, and for two could cost even less; and it might be varied at the same price by substituting corn-bread, and cold meat, or croquettes made of the same; or buckwheat cakes and sausage; or hot rolls or muffins, and a bit of broiled fresh fish, or boiled salt fish; or fried tomatoes, with cream on the oat-meal, without meat, whose place this rishness would supply. As to the supply of milk it may be mentioned that there are dairies which furnish us with rich milk, in sealed bottles, holding more than a pint, and from one of these the cream may be taken for breakfast uses: and the two persons living on a quarter each, a day, could afford to get one every morning. But the strict Hebrews have a sanitary rule which forbids them to use milk or butter at the same meal with meat. And as the Jews have exceptionally good health, it would be as wise as economical for us to follow their example in this case.

As for dinner, a slice across the middle of a ham, costing ten cents, a couple of cents-worth of potatoes, and the same of stewed tomatoes, with a cent head of lettuce, or the same worth of finely shaved white cabbage for a salad, with proper dressing of course, and a pudding made of a little rice and sugar and the rest of the morning's milk, would make a dinner for two persons, at less than ten cents apiece. Or it might be varied at the same expense by a couple of slices of mutton cut through the thickest part of the ham and broiled and a good ear of corn, peas, or lima beans, and an apple, or a banana, for each. Or, for a good digestion, by a pound of pork baked with beans; or roast pork and sweet potatoes; with an orange or a bunch of grapes for desert. Or the half of a shad broiled; or a *ragout* of mutton; or one of the less expensive cuts of beef stewed until tender and then baked brown with potatoes or tomatoes. And for deserts, there are all the fruits when they are plentiful, and custard baked or boiled, which need only one egg; and *blanc mange*, made of cornstarch, with water, nicely flavored and eaten with milk, or fruit juices; as well as a host of other little dainties which an ingenious cook can devise. So that one can really have an abundance of comfortable food at a ten cent dinner.

Dr. Hall, in his very instructive book, "Health by Good Living," insists that even a hard working man, if he wished to keep well, should take only a light supper such as a bowl of mush and milk, or cold bread and butter and one cup of tea. And as tea is decidedly more wholesome taken without milk, such a supper as this, with even a taste of fresh or canned fruit, or a little share of cold meat, for one who was less abstemious, could possibly be furnished on our five cent basis, and so the day's living secured for one "quarter," according to contract.

It is very easy to scoff at such bills of fare, but if the articles are well selected, and perfectly cooked, and properly seasoned and served, and then deliberately eaten and enjoyed, the resulting satisfaction will be found far to surpass that for which many a man pays three times as much. And besides the mere enjoyment of the food that he must eat to live, there will be the certainty of a good appetite, the happy freedom from that sense of oppression which overating brings; while the brain will be clear for business, and the character will gain in the element of self-control, at least.

Meat is, of course, the most expensive article of our diet, costing more than as much as all the rest together, so that if we choose to dispense with that commodity, as some people are doing now-a-days, we can luxuriate in various other expensive dishes. And if it is only muscular energy that we require of ourselves, we can do very well without it, as the horse can work on his oats, and the ruddy Irish ditcher on his buttermilk and potatoes. But if we want to do intellectual work, and keep up our brain power, it will not be a wise thing for us to dispense with daily rations of meat. Less than has been here specified will be sufficient, however, and in the winter, when it will keep well enough not to be used on two days in succession, it will be economy to get a larger piece and slice it down cold, or serve it in some other of the many ways possible.

So we may now make out the account in this wise. For two persons, for one week; meats, $1.80; breadstuffs, .40 cts; pound of best butter, .30 cts; milk, .28 cts; half pound coffee, .16 cts; tea, .10 cts; pound granulated sugar, .08 cts; fruits, .15 cts; vegetables, .15 cts; condiments, .03 cts. Which will make $3.50, or a quarter of a dollar a day for each person; and not starvation diet, either; as any one may see who will take the pains to try it. And as it has been tried, by persons in this city, who have made a study of economy. In fact, at the "Young Woman's Christian Association" rooms, where the charge for a cut of meat, or soup and bread, or desert, is only five cents, and some vegetables are less, with tea, coffee, or milk, at three cents; and bread one cent, the lunch room is clearing the salary of the matron of the institution. Which shows something about the actual cost of food. As a matter of course, however, the first requisite for cheap good living is a judicious marketer. And the next is careful, appetizing cooking that prevents accidents, and makes no mistakes.—While the third indispensable requisite is that there must be absolutely no waste. It is cheaper to pay more, and get good meat with very little bone, and no fat except such as may be utilized as a substitute for lard, which is an intolerable abomination. One may pay a dollar or two for a block of beef which is half bone and fat, and comes to table burned outside and raw within, and is mostly either wasted, or swallowed under compulsion. And then most people, even of the laboring classes are tempted into the buying of early fruits and vegetables while they are high-priced, and tough withal, either that they may boast of their indulgence, or through a childish impatience that cannot wait until the things are both good and cheap. Those who wait, have their seasons come later, to be sure, but they are no further apart than those of the hasty purchasers, and they always get the best, at least expense, and so can afford to be patient. And then they can afford, too, if even by a little extra economy, to indulge also in an occasional luxury to which a friend or two may be invited, and a merry time enjoyed.

Of course, a young man may learn to cook for himself just as well as a woman; with common sense, and a few lessons from Miss Juliet Corson, or perhaps from his mother. But as two can keep house better than one, and he ought to have some other business to attend to, he naturally ought to have a sensible wife who would enjoy making and diffusing the comforts of her own home. But let him be careful in choosing; for if she is obliged to paint placques, and eat caramels, and read all the Library novels, and attend all sorts of Societies, he may as well make up his mind to die of dyspepsia and sink into his grave as gracefully as possible.

CHELYS.

[Correspondence of the Maryland Journal.]

WASHINGTON LETTER.

WASHINGTON, July 29th, 1889.

The Attorney General having had his turn paying Mr. Harrison a visit at Deer Park, and having given the rumor of his appointment to the Supreme Court a fresh start, has returned, and Secretary Tracy is now up to talk business to the President. He will remain several days as his family are spending the summer there.

The harmony among the Virginia Republicans does not seem to be so complete as it did. Several of the anti-Mahone people have been here "kicking" as hard as ever and intimating that it will be necessary to give them something nice in the shape of an office in order to make them as harmonious as Mr. Brady who got a $4,500 position. It is also said that Langston, the negro who is now a contestant for a seat in Congress from the Fourth District ("black-belt") threatens to make trouble unless he is well taken care of. On the whole the Democrats here do not think there will be much trouble in their carrying the State as usual.

This is a free country, and yet every now and then the law steps in, in some shape or other, as to give foreigners a somewhat queer idea of freedom. One of these cases has just been brought to light by a decision of the Treasury Department that a book keeper brought from England by an English firm with a branch house in New York City must be sent back to England, as his being brought over here under contract was a violation of the alien labor law. It was Gen. Grant, I believe, who said that the quickest way to get an obnoxious law repealed was to strictly enforce it.

W. O. Elam, who was editor of the Richmond, (Virginia,) *Whig*, as long as General Mahone put up the money to keep that paper going, has been appointed Chief of a division in the Interior Department.

A Committee from St. Joseph, Missouri, brought Secretary Rusk a gorgeous invitation to attend the "New Era Exposition" to be held in honor of the establishment of the Department of Agriculture, the Secretary told the Committe he would attend if possible.

All sorts of rumors are current in regard to the startling discoveries being made by the Commission now investigating the rerating of pensions by the Pension Office. The most of these rumors are undoubtedly based on the frightened talk of the implicated employees of the Pension Office, for the members of the Commission are not likely to do any talking until their official report has been handed in to Secretary Noble. It is generally believed that there has been a good deal of crookedness in this business and that quite a large number of the employes of the office have been engaged in it, but whether they can be punished further than to be made to disgorge the money illegally obtained is a question. The report of the Commission is anxiously looked for here.—The people want to know whether the facts are to be shown up or the white wash brush applied.

John Wanamaker, merchant, does not seem to have much influence with the officials of the Treasury Department, who have just rejected an appeal that he took from the decision of the Collector of Customs at Philadelphia as to the rate of duty to be paid on certain imported merchandise.

Commissioner Tanner now denies that he ever said he was opposed to the policy of pay-$2, $3 and $4 per month pensions, and has ordered a big pension firm of New York and Chicago to stop sending out a circular which quotes a newspaper interview wherein the Commissioner published here when Mr. Tanner first took office.

The Civil Service law is getting some very hard knocks around Washington just now.—Ex-Postmaster General Frank Hatton who is now the editor of the Washington *Post* is leading the opposition, and the State Republican Associations are doing all they can to assist him. Hatton charges that the law always has been and is now being juggled with by the appointing powers. He wants the law repealed but pending that he would like to see it strictly enforced.

BOSTON'S JOHN L. ARRESTED.

Inspector Byrnes, of the New York Police Department, with Sergeant Adams, arrested John L. Sullivan at the Vanderbilt Hotel, New York city, on Wednesday night, 31st ult., at about 9 o'clock, upon a requisition from Gov. Lowrey, of Mississippi, upon the charge of prize fighting in that State. When the Inspector made his appearance at John L's room door the latter said he learned the Inspector was looking for him and he was just about to go to the former's office and give himself up. He went quietly with the officers in a cab and was given a room in the private apartments of the Inspector, where he spent the night. Officer Childs, of Mississippi, was on hand to take John L. before the proper offices in that State. John L. says he has violated no law and is willing to submit to the consequences. He will find out all about that when he gets into the hands of the law in Mississippi.

The Boston Aldermen refused to allow Sullivan to give a fistic exhibition in the city.—Hello! what's up!

It is quite likely Jake Kilrain will also be arrested.

☞The Pennsylvania Railroad Company has given an order for 5,000 box cars for use upon their lines. This is in addition to the full extent of their shops, where hundreds are annually constructed.

Died.

URBAN.—At Towson, on August 1st, 1889, LEWIS H. URBAN, in the 38th year of his age.

DISNEY.—At Arlington, Baltimore county, on July 30th, 1889, FULTON EMORY DISNEY, infant son of Aquilla E. and Mary E. Disney.

FOLEY.—At Pikesville, Baltimore county, on July 30th, 1889, MICHAEL J. FOLEY, in the 21st year of his age, son of Wm. and the late Mary Foley.

GRUBB.—At Waverly, on July 30th, 1889, EVA E., infant daughter of Emma J. and Z. Taylor Grubb.

JENIFER.—At "Good Hope," Baltimore county, on July 30th, 1889, BESSIE, daughter of Col. Daniel Jenifer.

The Markets.

BALTIMORE MARKET.
THURSDAY, Aug. 1st, 1889.

FLOUR—Howard Street Super...	$ 2.60	@$	3.15
" " " Extra...	3.25	@	4.10
" " " Family.	4.25	@	4.75
" Patapsco Extra...	5.25	@	0.00
" Family	5.50	@	0.00
RYE FLOUR	2.75	@	3.10
CORN MEAL—City Mills	1.10	@	1.25
WHEAT—Southern Red	84	@	87
" Western Red	84	@	87
CORN—Southern White	50	@	52
" " Yellow	45	@	47
" Western	46	@	49
OATS—Western	29	@	35