What Must Be Done About Cuba, Porto Rico &c.?

We have interceded in Cuba because of our concerns over Spain’s cruel treatment of its inhabitants. Our Congress has enacted the Teller Amendment, forbidding American annexation of Cuba, leaving “control of the island to its people.” We should extend this courtesy to all Spanish possessions we are working to liberate, rather than annex the territories. The goal of the current war with Spain must be the continued spread of self-determination among all people, not the growth of the nascent American Empire. We should liberate more people from oppressive colonial governments, not give them a new oppression based in Washington.

Anti-Imperialist League Emerges

The American Anti-Imperialist League is a new organization established on June 15, 1898, to battle the American annexation of the Philippines as an insular area. The anti-imperialists oppose expansion, believing that imperialism violates the fundamental principle that just republican government must derive from “consent of the governed.” The League argues that such activity would necessitate the abandonment of American ideals of self-government and non-intervention—ideals expressed in the United States Declaration of Independence. George Washington’s Farewell Address and Abraham Lincoln’s Gettysburg Address. The Anti-Imperialist League is hoping to exert political pressure on the current administration to cease its dangerous and onerous policies toward other peoples of the world. Prominent members of this organization include civic leaders like Mark Twain, Samuel Gompers, William Dean Howells, and Henry James.

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Delicious baked goods of all kinds

MADE TO ORDER.
My Visit to the San

I was so pleased to see the article about Doctor John Harvey Kellogg in the May 31st newspaper that I wanted to share my own knowledge of The Battle Creek Sanitarium, nicknamed The San. Dr. Kellogg rightfully knows that 90% of all disease and illness originates in the bowel. Moreover, the success of The San has its foundation in Dr. Kellogg’s own philosophy, called Biologic Living. To be brief, Biologic Living states that there are physical, mental and moral laws of life and health that all work together and must be obeyed in order to maintain a healthy body and sound mind. I knew Dr. Kellogg and The San was the way to cure my dyspepsia.

Dr. Kellogg’s various machines are an essential part of recovering good health there. I believe every guest receives some sort of hydrotherapy; hot or cold water treatments given through wet towel wraps, hoses or baths. There are forty-six different kinds of baths alone, including a continuous bath which can last for days or even weeks. All are used to cure skin diseases, chronic diarrhea and a host of mental maladies. There are several different kinds of electrotherapy treatments in which electric shock is used to stimulate or depress groups of muscles and nerves. I had several invigorating sessions on the electric exercise bed. The sinusoidal bath combines water and electricity. In this treatment the lower arms and lower legs are submerged in buckets of water through which an electrical current is passed. I received this cure to stimulate my weak muscles, but it is also used to cure lead poisoning, tuberculosis, obesity and more.

Many different types of machines are employed in the mechanotherapy room. The slapping machine, a metal cylinder that spins around with leather straps that slap you, and the percussion machine, which delivers punches to the torso, are but two of the machines used to push toxins out of the body and increase mental capacity. Machines that vibrate are used to stimulate the blood and bodily functions. Phototherapy is used in the Electric Light Bath, a wooden cabinet lined with lightbulbs in which you sit. I did not use this machine, but it is said to cure diabetes, insomnia, gangrene, syphilis and writer’s cramp.

Dr. Kellogg’s enema machine runs fifteen quarts of water through the bowel in one minute followed by yogurt, half to be eaten and half through the machine, thus creating a squeaky-clean intestine.

As a last resort, if no other practice proves effective, Dr. Kellogg has been known to perform up to twenty surgeries a day to cut out the offending stretch of intestine which will finally cure stomach cancer, diabetes, schizophrenia, depression, acne, anemia, migraine, and premature old age.

I must say a few words about the food at the San as Dr. Kellogg believes that meat is toxic and will lead to an early death. Because of this all meals served there are antitoxic: free of meat, alcohol, tobacco, sugar and coffee.

I heartily recommend The San and Dr. Kellogg’s practices and philosophy to anyone looking to improve his or her quality of life.

Mrs. Eva McFeeters

Sugar Social

This Saturday at 1o’clock will be our monthly baking contest. The best cooks will be vying for top honors with samples of their favorite recipes. All entrants must include some type of fresh fruit. All villagers, regardless of gender, are invited to enter the competition. The competition promises to be intense. Volunteers are being asked to step forward as judges. Samples will be given to the public, while supplies last.

Local News Items

Died this past Tuesday, Mr. Jedidiah Harris with dread consumption.

Miss Hannah Lehman, formerly one of Ohio Village’s prominent school mams and now employed in a similar position at Columbus, is being entertained by Mrs. Laura Reed.

Mrs. Rose Moore visited the Capital City over Sunday.

Mrs. Catherine Walk is visiting Beverly, O., friends.

Mrs. Mary Harris is the guest of Logan relatives.

Mrs. Lydia Gray is visiting Nelsonville, friends. We trust the livery is in good hands.

G.W. Reynolds of Marion was down on business Wednesday.

Judge Weitzel was a business visitor in the Village on Monday.

Marshall Morgan took a Mrs. Wolfe of Clintonville to the asylum at Athens Wednesday.

Do You Want Splendid Whiskers or Moustaches?

HUNTER’S ONGUENT will force them to grow heavily in six weeks (upon the smoothest face) without stain or injury to the skin. Also on Bald Heads in ten weeks. Two Boxes for $1.00. Postage free.

Address: C. Hunter & Co., Box 674, Milwaukee, Wis.
Still Stands
A Gift From Our French Friends

Edouard Rene de Laboulaye, while certainly well known in America, was also a careful observer of the politics of America, and an admirer of its constitution. He wrote a three-volume work on the political history of America and published it in Paris. During the Civil War, he was a zealous advocate of the Union cause and published histories of the cultural connections of the two nations. At the conclusion of the War, he had the idea of presenting a statue representing liberty as a gift to the United States. The sculptor Frederic Auguste Bartholdi turned the idea into a design, and Gustave Eiffel built it. Twelve years ago, the beautiful copper lady rose to stand tall above the water of New York City. Long may she stand and remind us of all the good America can do at home and in the world.

Advice To Get Fat.

If you want to get fat, drink water by the quart, if you can, and weak and sweet tea with plenty of cream. Eat as much as possible, but do to you good in this way the food must be well digested. Use plenty of butter and bread, pastry, sweets, and cakes. Lager beer and sweet wines are good for you and plenty of vegetables. Take as much cod liver oil as possible, sleep whenever you can, and worry over nothing.

Book Club Meeting

The Ohio Village book club will be meeting this upcoming Thursday to discuss "The Yellow Wallpaper" written by Charlotte Perkins Gilman. The meeting will be held in the H&P Women’s Study Club at 1 o’clock in the afternoon. Participants are asked to have please read the literature mentioned above in order to be prepared for an in-depth discussion on the topics and themes found within.

Word to the Wise

When a thing ceases to be a subject of controversy, it ceases to be a subject of interest.
Burnett’s Cocoaine
A compound of Cocoa-nut Oil, &c., for dressing the Hair. For efficacy and agreeableness, it is without equal.
*It prevents the hair from falling off.
*It promotes its healthy vigorous growth.
*It is not greasy or sticky.
*It leaves no disagreeable odor.
*It soothes the irritated scalp skin.
*It affords the riches lustre.
It is conceded, by all who have used it, to be the best and cheapest Hair Dressing in the World.
Joseph Burnett & Co., Best

Absolutely Pure
Now available at
The Village Mercantile

Ohio News Items
Gathered by telegraph from all parts of the state.

Lowell—Mr. R.T. Archer, a farmer, was in the city to receive treatment from Dr. Gallagher for a badly injured eye. While Mr. Archer was cutting hedges a large thorn struck the optic and penetrated to a considerable depth. The eyeball was badly torn and a portion of the contents escaped. The injury was a serious one, but it is thought the sight will not be totally destroyed.

Marion—The breaking into two of a westbound freight train on the Big Four Road Monday morning caused the blockade of both the Big Four and Erie tracks at the eastern in of the city. Twenty-two cars were badly wrecked and four tramps were buried in the debris. One of them, James Flynn, having recently worked in Columbus, will die.

Drank Laudanum
and Died
Nelsonville, O.—The two year old Daughter of Chas. Shaw, in playing about the house, got hold of a bottle of laudanum, the contents of which she swallowed, dying from the effects a 7 o’clock that evening.

Humor
* One of the local justices of the peace asked a prisoner at the bar—Justice “What is your name?”
Prisoner “Sam Jackson”
Justice “Three years ago when you were up before me you said your name was John Smith.”
Prisoner “Yes, but that was an entirely different case.”

* “Aren’t you sorry that you mixed corn flour with your wheat flour?” asked a customer.
“Should I say I am,” the miller admitted. “In the first place, I ought to have called it a ‘health blend’ and have put it on the market at a higher price than the pure stuff.”

*Bakers* I don’t see how you can laugh at Saphead’s insane jokes.
*Winkers* You would if you knew his pretty sister.