

STATE HEALTH DAY, WHICH OCCURED LAST MONTH OBSERVED BY SCHOOLS

Dr. E. D. Cummins Delivered a Most Excellent Address to the Students on the Subject of Health, and What to Do in Order to Maintain the Good Health They at Present Possess.

From Tuesday's Daily.

State health day occurred last month for the high schools of the state, for the reason that school matters of pressing importance have occupied the attention of the faculty, the matter was not observed until this morning, when, on invitation of Superintendent Abbott, Dr. E. D. Cummins delivered an address to the students on the subject of health. Dr. Cummins said, in part, that he would tell the students how to keep the good health they possessed. We openly and defiantly disregard many rules of nature, heedless of the result to our health, and then wonder why we get sick.

Good health is wealth, but wealth does not always produce good health, but good health is the largest and best asset that we can possess. A healthy body is necessary for the growth and maturity of a healthy brain. A healthy brain is a necessity for success in our daily lives and that is what we are striving for. We allow our thought to be buried in social pleasures and heedlessly steal away many hours from the time that our bodies should be resting in peaceful slumbers.

We forget the fact that our stomachs are our very best friends, and often overload and abuse them and make the burden so great that repeated abuses finally cause disease to develop which is often the beginning of trouble for us. Disease of the stomach is called the American disease, and in most cases it is caused by over-indulgence in foods, especially rich preserves, pie and cake and many articles of diet that would tax the power of a meat-grinder such as your mother uses in the kitchen. A great many people seem to think they have teeth in their stomach, and instead of masticating their food, swallow it in chunks or any old way, especially when they are in a hurry, and depend on the stomach to do the work that na-

ture intended the teeth to do. If you wish to be healthy and happy do not willfully violate one of nature's laws of health. Live moderately in every way; avoid intemperance excesses in everything. Do not eat too much, nor too often, but give the stomach time to rest the same as any other part of the body.

Live out of doors in the open air as much as possible. Pull the draperies down from your windows and allow God's best remedies, sunshine and fresh air, to penetrate every inch of space in your home. Keep clean, scrupulously clean, for disease lurks in dark and dirty places. God gave us water to bathe in and keep clean, and you should not be afraid to use it freely in summer and winter. Dress according to the season. Disregard the idea of wearing make-believe underwear of tissue paper thickness at a season of the year when flannels should be worn. Do not let society dictate the weight of your garments, but wear enough of the right kind of clothes to keep the body warm. When the first frost comes in the fall discard your low shoes, gauze underwear, short sleeves and low-neck dresses, and replace them with high shoes, heavier cottons and rational dresses. Chilling of the surface of the body, cold hands and feet drive the blood from the surface of the body and produce internal congestions, which opens the way and produces fertile soil for the development of various diseases.

Superintendent Abbott and the students of the high school were exceedingly pleased with Dr. Cummins' address, and the timely advice contained in it, and the amount of scholarly learning required in the production of it appealed to the judgment of all who heard it. The address was one of the best ever presented to the school, and its timely warnings, if heeded, are bound to result in great benefit to the students.

SUDDEN DEATH OF FORMER CITIZEN

Joel Messersmith of Havelock Drops Dead While on Way to Work.

From Tuesday's Daily.

Joel Messersmith, well known to many Plattsmouth people, died suddenly this morning while on his way to the shops at Havelock. Mr. Messersmith was a brother of Mrs. Homer McKay and W. D. Messersmith of this city, and a brother-in-law of Mrs. William McCauley, he having married Mrs. McCauley's sister. No details of Mr. Messersmith's death were given in the short phone message received by his sister, Mrs. McKay, which was to the effect that on the way to his work this morning he dropped dead.

Mr. Messersmith was born in Connersville, Indiana, fifty-eight years ago, and removed to Plattsmouth about twenty years ago with his wife and children. For several years he resided in this city and was employed as a machinist, which occupation he still followed at the time of his death. He was transferred to the Havelock shops some years ago and removed his family to that place. He is survived by his wife and four children, two sons and two daughters, with residences as follows: William, of Sedalia, Mo.; Charles, of Lincoln; Mrs. Maude Matheson and Miss Goldie, who reside at home.

Mr. Messersmith had but recently returned to work, having been confined to his home since last March, recovering from a broken leg. He had not been well of late, but returned to his work some time ago. Mrs. McCauley departed for Havelock on the afternoon train today.

Ankle Fractured.

Ed McCulley had the misfortune Sunday evening to meet with an accident which resulted in a fractured ankle. He, with a few congenial companions, were collected at the building formerly occupied by John Schiappacasse, which is undergoing repairs, and at the time they were engaged in pranks and various modes of youthful amusement, when Ed had started to retreat from the building and tripped over a 2x4 timber and fell. He sprang up and walked a short distance and stopped, not realizing that he was seriously injured. He had stood but a moment when he became faint and limp. Harry White and other companions tried to catch him before he fell to the pavement, but were too far away. Ed revived immediately and was assisted to a seat in Nemetz's confectionary store, where he again fainted. Dr. Brown was called and administered restoratives. A hack was called and Ed was taken to his home at Henry Zuckweiler's residence. Yesterday he was able to hobble down town with the use of a cane. He will be laid up for a few days.

Schools Prosperous.

It is a real pleasure to note that our city schools are going along nicely and we hear of no complaint whatever. This is certainly very commendable to Superintendent N. C. Abbott, eHarly co-operation on the part of parents and an efficient gentleman and scholar at their head, will make good schools everywhere.

Lost.

A letter addressed to Addie Elder was lost on the 20th inst., between Plattsmouth and the O. Z. Miller farm, southeast of town. Finder please return the letter to the postoffice. J. W. Elder.

Band of Mercy Meets.

The Band of Mercy, with twelve members present, held their second session last Saturday afternoon at the residence of Mr. and Mrs. W. J. Straight. Owing to the bad weather there was not as big a turn-out as at the initial meeting two weeks before. Those who turned out were well repaid for their trouble. A fine program was given, and in addition to the program the band was entertained by the children relating stories from the life of their pets. Refreshments were served, this being a pleasant feature of the afternoon's entertainment. The place of holding the next meeting has not yet been decided upon.

THE FELLOW WHO FLEECES UNSUSPECTING CITIZENS

Residents of Adair County, Missouri, Get Taken in by Traveling Agent.

The Kirksville (Mo.) Graphic tells of a confidence man who fleeced the people in the vicinity of Greentop, in Adair county, in the old way of taking orders, securing the money and the goods were never delivered. The aforesaid "traveling man" had a liberal supply of good old Kentucky whisky which he sold at \$2.50 a gallon. All who tasted the liquor agreed that it was about the finest they had ever touched and the agent took orders for \$180 worth of the stuff in two days. All orders had to be paid for in advance to avoid trouble. The agent then left and nothing has been heard of him since. Neither has the Kentucky whisky shown up. The "free" samples cost \$2.50 to all who bought or thought they bought.

Had these people, supposing that they had to have whisky, gone to a reliable liquor dealer, or to a druggist in their home town, they would have got full value for their money and the money in turn would have remained in the community and eventually have found its way back into their own pockets.

While the above is an exceptional case, this sort of business is going on in every community every day. Big mail order houses send their alluring catalogues and the people, imagining that they can get something for nothing, send their money away, buying goods which they have not seen. If the goods are not as represented—and nine times out of ten they are not—the buyers has the choice of either throwing good money after bad, or keeping the inferior goods. Frequently he does not even know that he has paid entirely too much for the quality he is getting. He patronizes the mail-order house and when placed on a committee for an entertainment or picnic given by his church or lodge, the local merchant is criticized if he does not show up and spend his money lavishly. The fact that the local dealer pays taxes and contributes as liberally as his means will permit toward building up the town, never enters the mind of the mail order customer. That he is cheating himself by not buying from a reliable firm is another fact which he forgets.

The local merchant makes the town. He pays high taxes, high rent and employs local people. He stands back of his goods and, if they are not as represented, he stands the loss, rather than have his customer dissatisfied. If he prospers, the town prospers. If he fails, the town is the loser. He must make more than a living if the town is to progress. He needs all the business that he is justly entitled to and every dollar sent to mail order houses is robbed from him. None of the profits realized by the mail order house goes towards making improvements here; not a cent of it to the beauty or well being of this city.

Without our merchants our city would soon be a village. The man who owns property here or has any interest in the city's development, cannot afford to patronize outside firms. If he is looking out for his best interest he cannot do otherwise than patronize home industries and home merchants.

ENTERTAINS FOR THE BRIDE-TO-BE

In Honor of Miss Baird, Whose Marriage to Fred Jones Occurs Thursday Evening.

From Tuesday's Daily.

Mrs. George L. Farley very pleasantly entertained a number of young ladies at her home on South Sixth street last evening in honor of her sister, Miss Florence Baird, whose marriage to Fred Jones will occur on Thursday evening. Whenever invited to partake of the hospitality of the Farleys the guests always anticipate an extra good time, and, as usual anticipations were fully realized in the entertainment last evening.

Mrs. Farley had planned a number of amusements for the entertainment of her guests, the first one being a guessing contest, in which questions had been placed here and there on the walls of the parlor and these were to be answered with the names of some popular song. Miss Ruth Chapman won the prize in this contest and was awarded a beautiful bunch of yellow and white chrysanthemums. The next was the reading of a humorous story, which was a source of much merriment. A game of the nature of "Consequence" was then participated in and most thoroughly enjoyed.

Just about this time Miss Florence was most agreeably surprised when the guests showered her with bundles of all shapes and sizes and which consisted of articles calculated to introduce her into the mysteries of the art of housekeeping.

Another delightful feature of this pleasing evening's entertainment was the mock wedding, in which Misses Pearl Staats and Esther Larson were the contractees and Miss Bernese Newell a most dignified clergyman.

Luncheon was then announced and the guests were ushered into the dining room, where they were seated at a table very prettily decorated in yellow, green and white. The place cards were white and heart-shaped and tied with white ribbons. Suspended above the center of the table was a wedding bell of yellow, to which were attached streamers of yellow, which were brought down to the four corners of the table. The centerpiece was of green with the white candles and around which flowers, which bespoke of the autumn season—yellow chrysanthemums—were festooned. An excellent three-course luncheon was served, Mrs. Farley being assisted in serving by Misses Lenora Wolfanger, Carrie and Estelle Bard, Helen and Edith Farley and Mrs. E. T. Baird. In the cutting of cake for the ring, Miss Gertrude Morgan was the lucky one.

Returning to the parlor the guests tarried a few moments and indulged in some vocal and instrumental music, after which they dispersed, indebted to the hostess for the splendid evening she had afforded them. The invited guests were: Misses Helen and Ruth Chapman, Bernese Newell, Pearl Staats, Carrie Greenwald, Helen Travis, Amelia Martens, Gertrude Morgan, Frances Weidman, Ruth Johnson, Alma and Esther Larson, Clara Weyrich, Margaret Hodgert, Gretchen Donnelly, Margaret Quigley of Valentine, Neb., and Mrs. Charles Carlson.

Inheritance Tax Case.

Judge Beeson was engaged this morning with a hearing in the estate of L. C. Pollard, deceased, pertaining to the assessment of an inheritance tax against the property going to the heirs, and upon an objection of the guardian, ad litem, for the minor grandchildren, to the assessment of a tax against them. Attorney C. E. Tefft of Weeping Water appeared for the administratrix and C. H. Taylor for the state and county. The ground of the minor's objection was that the interest each of them took and not the share which their mother would have taken had she survived the deceased, should be considered as the basis on which to compute the inheritance tax. The court sustained the objection of the minors and rendered a decision accordingly.

"KNIGHTS" SERVE MOST DELIGHTFUL LUNCH AT MEETING OF K. & L. OF S.

They Very Cleverly Dodge the Dishwashing by Using Paper Plates to Serve the Lunch With—Several New Members are Shown the Mysteries of the Order.

From Wednesday's Daily.

That there is more real pleasure in anticipation than possession was demonstrated at the session of the Knights and Ladies of Security last evening, when the Knights were "chief cooks and bottle washers" and administered the "feed." The pancakes, with the "batter made middlin' thick," did not materialize, neither did the long tables covered with snowy linen decorate the dining room. And for a time it appeared to the ladies that there would be "nothing doing" along the refreshment line whatever.

After the initiation of a fine class of new members, District Deputy Powell added interest to an object contest by offering a valuable prize to the member who guessed the entire list and placed the proper answers opposite the objects, the names of which were placed on a slip of paper. The proposition was to present the winning party, if a woman, a fine gold pin, and if a man, pair of gold cuff buttons. Sixteen persons had the list complete and the

winner was then selected by lot, the prize falling to Miss Lillian Thompson.

When the hour for refreshments arrived, Chairman R. B. Windham of the refreshments committee announced that the Knights had thought that the ladies would enjoy the refreshments more after a walk and that the banquet was some distance away, but if the company would fall in line he would have them conducted to the spot and they would be glad they went. While Mrs. C. H. Smith played a march the line was formed and escorted between an armed guard of Knights out of the hall, through Mr. Windham's office and through his private office. In the private office each Knight and Lady received a paper plate laden with fruits, wafers, nuts and candy, and then passed on, returning to the hall, where the light feast was soon put out of sight.

Talks on the good of the order were made by Judge Beeson, G. F. S. Burton and others.

DEATH OF A FORMER PLATTSMOUTH MAN

Henry W. Lloyd Passed Away at His Home in Omaha Last Saturday Night.

From Tuesday's Daily.

Henry W. Lloyd, late of 2530 Davenport street, Omaha, died at his late residence Saturday night and the funeral occurred at the home Tuesday evening at 7:30. The remains were brought to Plattsmouth this morning and interment was made from the Missouri Pacific station.

The deceased was a native of Pennsylvania, and was a soldier in the war of the rebellion, being a member of Company A, First Pennsylvania Volunteer Infantry, serving through the war. Mr. Lloyd moved to Plattsmouth about twenty years ago and resided in this city for ten years, having his residence in the brick dwelling west of the E. E. Hilton home.

He leaves a wife and daughter to mourn his death. Mr. Lloyd had been in bad health for a number of years, and this, in addition to his age, so weakened him until death came to his relief. He was highly respected and was a kind neighbor. Those who knew him best regarded him as a most excellent citizen. Since moving to Omaha ten years ago Mr. Lloyd was seldom in Plattsmouth, and some time ago disposed of his former home here.

A Sad Case.

From Tuesday's Daily.

The board of insanity was yesterday called to the vicinity of Elmwood to hold a meeting over a very sad case of mental unbalance brought about from over-excitement on religious subjects. The subject of the inquiry was Wright Gonzales, a very exemplary young man and a son of a highly respected citizen of that community. The young man has been a member of the Christian church for a number of years, and has a large circle of acquaintances, in whose estimation he stood very high. Recently he has been attending religious meetings of a different name and of more demonstrative sort than he was accustomed, and the matter seemed to unsettle his mental equipoise, and he grew worse as time went by until the board was called in yesterday. An order was made committing him to the hospital at Lincoln.

G. W. Loyd of near Murray and C. Totten of Wankeeny, Kas., came to Plattsmouth this morning and boarded the morning train for Omaha for the day.

Woman Suffrage.

Editor of The Journal:

Dear Sir—You note, editorially, the fact of one "jury of women" in California "failing to agree." I enclose another side of the question, just received from California. As it concerns an "editor" I thought you would be interested. Better get into the band wagon now, for suffrage is surely coming.

"Are not the women qualified by education, broad and wide, to use the ballot to protect their honor and their self respect, and to protect their children, too? What better work could women do?"

An Editor "Rescued" by the "Women" Whom He Had Decried: At a recent trial of an editor in California on the charge of using "obscene language" in his paper about another party, a jury of all women was called. It took them just twenty minutes to bring in a verdict of "Not guilty." They knew the difference between "profane" and "obscene," and said the language the editor had used was heard every day in the saloons and nothing said about it, and they would be just even to the editor who had fought them all along the line of suffrage.

Needless to say, the editor became an ardent "convert," and placed his columns at their disposal in furtherance of their cause. Justice will conquer in the long run.

A Friend of the Cause.

Mont Robb in Town.

From Tuesday's Daily.

Our good friend, Mont Robb, who formerly had charge of the Jones' Elevator at Mynard, and well known in southern Cass and northern Otoe counties, was in the city this morning. Mr. Robb was called to Omaha on account of the death of H. W. Lloyd, and came down with the wife and daughter of the deceased, to attend the interment. He was met here by his wife, son, Hugh, and Ralph Cheney with auto and conveyed to his home south of Union. Mont is now steward at the state penitentiary, and, of course, is making good, as he always does in any position, and is a genuine good fellow, notwithstanding his republicanism. While in the city Mont called and renewed his subscription to the Daily Journal and also renewed for the Semi-Weekly for Max Ploehn, an inmate of the penitentiary.

Will Hold Contest.

The Red Men contemplate giving another fiddlers' contest soon on a larger and better scale than the one held last year. The date has not been fixed. The committee on arrangements has been selected and will have arrangements under way very soon.