LOUP CITY. - NEBRASKA

Why Take Life Too Seriously? Some of us are beginning to realize that we have taken life too seriously; that we have not had enough play; that we have not had half enough fun. Many business men see the fallacy of working too many hours a day. Formerly men thought they must spend most or all of the daylight hours in working. Intense application to business had become almost a religion. But now they are beginning to learn that it is efficiency, mental vigor, freshness of mind and body, and not necessarily long hours that do things; and that this mental vigor, freshness and energy which produce efficient work are impossible when the body is weary and the brain is fagged; that mental robustness means physical robustness, writes Orison Swett Marden in Success. So there has been a steady shortening of the working hours of men of affairs and an increasing of the play hours, just in proportion to the importance and efficiency of their work and responsibility. Multitudes of men now find that they can accomplish much more in a year by spending part of the time which they used to put into work in playing golf, tennis, or some other game, or in flying about the country in an automobile. There are plenty of business men in this country at the head of great establishments who get through an enormous amount of work, who do not spend more than three or four hours a day in their offices, and who frequently take long vacations. They find that a good deal of play and mixing much with the world not only improves their health and multiplies their efficiency, but also gives them a broader, saner outlook.

A Clean Sport.

The future of baseball ought to be bright. Even the crowds which are now looking at the major league games are small when compared with the attendance at great crucial sporting contests in England, where often 100,000 people pay to see a football or cricket match, though it may be doubted whether any English sport is conducted without betting, says the Philadelphia Public Ledger. The future of horse racing in America is not bright, for nobody has yet suggested a way to make it popular without betting, a way to conduct betting without moral dangers, or a way to teach Americans indifference to the wasteful, cynical, parasitic, vagabondizing influences of gambling. Baseball, a sport which gains strength from its conquest of gambling, promises to increase its prestige as the real king of sports in the United States.

The fisheries congress has discovered the interesting fact that the Massachusetts cod on which the Pilgrim fathers and their descendants subsisted is responsible for the development of American intellect, as a steady brain diet, but also-and here is where the Puritan settlers will turn in their graves-its salty qualities developed the great American thirst which water alone will not quench. The fisheries congress had better stop at this stage of its discoveries, or all New England will be up in arms at these dreadful exposures. That section can stand the soft impeachment about the brain food, but that the ancient Pilgrim fathers implanted the thirst of the modern Kentucky colonel is too hard a pill to swallow.

A pastor in a Pennsylvania town has been compelled to resign his charge on account of an attack he made upon the powder puffs used by the feminine contingent of his congregation. Hot shot on the part of the women followed the powder attack, and the explosion which resulted shook the church to its foundations. The pastor will leave presumably for parts where powder puffs are not popular-if he can find such a locality.

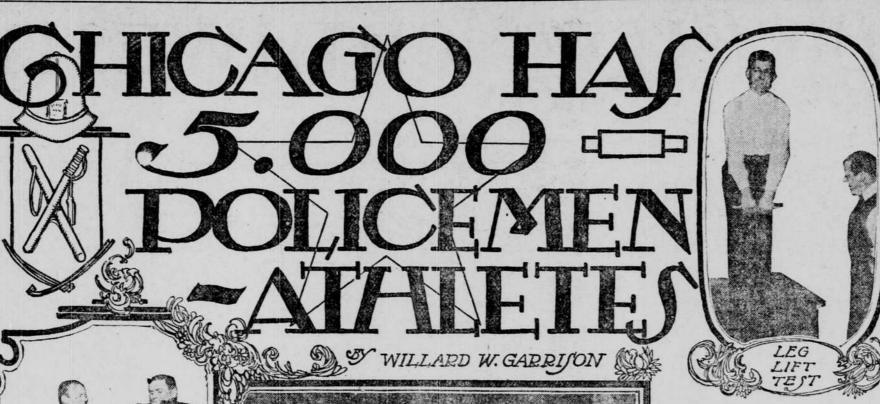
It now appears that when Queen Victoria of Spain recently visited England it was a regular case of "going home to mother," just like the ordinary wife who has grievances to be redressed. In this case it was the formality of Spanish etiquette, and the spirit of the English girl will probably break the chains which have for generations held royal domestic life in

It is said that there are more blonde criminals than any other kind. First study the complexion and the weight of a man before imparting this information to him.

A man in New Jersey was tried for the murder of three people, found insane and sent to an asylum, all in the same day. There are some things about Jersey justice which other communities might do well to imitate, remarks the Baltimore American, especially those in which the law's delay in dragging out criminal cases for days, weeks and months is a scandal to the authorities and turns the courts into sensational melodrama houses for the masses, depriving these courts of both dignity and efficiency.

A boy of three in Connecticut saved a girl of five from drowning. The infant phenomenon is usually an unbearable nuisance, but a specimen of the kind can be not only tolerated but also voted highly desirable when he begins the hero business at this early age.

"Aeronef," kind friends, is the proper word for that kind of aeroplane. The art of flying is going to give the dictionary makers an excuse for selling you several new editions before long.









He must have a perfect chest, heart, lungs, his seem difficult to the observer, but try it just of the force

muscles must be strong, his bones well knitted, he must be at least five feet eight inches in height, and not more than six feet five inches. Applicants in taking physical tests must tip the scales between 150 and 250 pounds. Obesity, muscular weakness and poor physique

AST of Pittsburg they

look upon the man who

goes to Chicago as

brave. A woman vis-

itor is hailed as a her-

oine upon her return.

They regard Chicago

as the frontier of the

United States, teeming

with wild holdups,

ghastly murders, the

mecca for confidence

men and desperado

Such is not the case

to-day. Perhaps it was

a quarter of a century ago, but the

present-day Chicago is perhaps the

most carefully guarded city in the

greatly improved condition is 5,000

policemen-athletes. And the reason

for the athletic force is the civil ser-

vice law with its physical require-

ments, which the man who would be-

come a "cop" must equal or excel to

become a full-fledged minion of the

The why and wherefore of this

are insurmountable barriers to the man with a craving for a place among the "finest." Every muscle in the body undergoes a test, which is made by the use of machines and weights. The Chicago policeman must be able to carry himself well, he must be shifty on his feet, quick to think and act. His eyes and ears must be perfect and his family tree must be absolutely devoid of hereditary diseases.

In fact the Chicago force to-day is one which demands that a man be a soldier, athlete and minion of the law combined. During certain months each year examinations are conducted and during the fiscal twelvemonth 6,000 men were examined. Of this number about one-half were successful. First the doctor looks over the applicants, then the physical examiner takes the men in hand and puts them through the most rigid tests required anywhere in the world. After that the written examination is given in which each applicant's education is brought to the fore.

Civil service tests are severe and absolutely honest. It is up to the applicant himself to pass the tests. You cannot be appointed upon the Chicago police force by possessing acquaintance with a man "with a pull." So great has been the success of the system installed by President Elton Lower of the civil service commission and his aides-H. D. Fargo and M. L. McKinley-that today every city of any size in the United States has its eyes focused upon the details and methods employed by the Chicagoans.

Since President Lower became the leading light in the work of giving Chicago an efficient police force, great strides have been taken by the city toward making its citizens absolutely safe from

Physical Examiner Edward G. Westlake is in a measure responsible for bringing out the best bodily qualifications in the men who are turned over to him for inspection.

Says Examiner Westlake: "Stage fright during the physical examination is one of the worst setbacks which the tests meet. When a man becomes 'flustered,' knowing that a good job depends upon his every movement, it is quite natural that the best he knows will not push itself to the surface. Hence it is the duty of the examiner to allay the fears of the applicant

as much as possible. "Consequently I have found that it helps men to do their best by applying suggestions and occasionally allowing a man to lay off for a few moments until he can compose himself. When the period of embarrassment passes, as it invariably does, the best that is in the applicant is bound to come out. The men take the tests purely upon their own me:its and perhaps the most severe of the weight-lifting requirements is that of lifting a 30-pound dumb-bell from a lying posture, the weight being held back of the applicant's head. This is to test stomach muscles. It does not

once and you'll feel that passing the physical test

is far from easy." Mr. Westlake is a newspaper man on the staff of the Chicago Evening Post and his 20 years in the newspaper business, part of which was spent in knocking about in police districts as a reporter, taught him much regarding the needs of the department. Before he entered a newspaper office. he served as a railroad fireman. The constitution which that rigorous vocation gave him, along with an enviable muscular development has stood him in good stead in demonstrating the use of the tests before admiring gatherings of wouldbe "cops."

Firemen and stationary engineers are also included in the civil service physical tests and today Chief Horan of the fire department is working hard with the civil service officials to have the standards raised so that an even sturdier force may be secured to battle with Chicago conflagrations. Following is a table, showing what is required in the way of height and weight before the strength and agility tests are given.

		-	o berea				M	linimun	
	Height.			Minimum Weight 150 pounds		Maximum Weight 190 pounds		of Chest Quiescent. 35 inches	
5 feet 8 inches			nches						
5	**	9	**	155	4.4	195	•	351/2	4.4
5	44	10	**	160	44	200	a	36	**
5	64	11	**	165	**	205	**	37	44
6		-	**	170	**	215	**	371/4	**
6	**	1	**	175	**	220	**	38	**
6	**	2	**	180	**	230	**	38 39	**
6	64	3	44	185	**	235	**	40	**
6	**	4	45	190	**	240	**	41	**
6	**	5	"	195	"	250		42	**

Before the applicants face Physical Examiner Westlake, they are scrutinized by physicians and records show that 60 per cent, are rejected. To show some of the men's overestimation of their qualifications it is recorded that recently 1,500 filed applications in a bunch and of this number only 370 succeeded in emerging unscathed from

the medical, physical and mental tests. Mr. Westlake lays out a table of tests, showing the figures which indicate meritorious performances. The table:

Capacity of lungs	Test.
Strength of back	
Strength of legs	5
Strength of upper arm (H. P.)	10-
Strength of fore arm (R. L.)	68-
Pectorals	
Traction pull	
Dumb belis	
Abdominal muscles	
Adductors	1
Rope	1
Ladder	1
Condition (Excellent, Good, Poor)	God

Successful applicants must be able to expand their lungs about four inches, exhibit strength of back, legs, upper and lower arm. Then there is a test of the pectoral muscles, a traction pull, the lifting of dumb-bells weighing 60 and 70 pounds, testing of the abdominal muscles by the lifting of a 30-pound weight behind the head from a prostrate to a sitting posture.

Following these tests come rope and ladder climbing, which, with the agility examination complete the physical work. Then the applican's condition is marked "excellent," "good," "poor." As a result of the requirements of the civil

and is perhaps something of an experiment in the proposition of introducing military tactics into the

PECTORAL MUSCLE TESTS work of the policemen.

Maj. Boudet's charges perform a manual of arms, which, if anything is more complicated than that which the soldier is compelled to learn. One of the prettiest sights imaginable is the series of evolutions which these policemen carry out. There are some tax-paying Chicagoans who scoff at pretty evolutions, but they, Maj. Boudet claims, are not of the far-seeing class. He points out that the drilling of policemen in this manner teaches them to handle themselves with grace and ease and makes them abler in the duties they perform

Only recently the beauty squad, about 100 strong, gave militiamen of the First Illinois infantry, stationed at Chicago, a drill exhibition in the big First Regiment armory. So perfect were the evolutions that even the soldiers were awed. The policemen formed revolving wedges, hollow squares, five-pointed stars, circles and other ingenious formations, the perfection of which had taken them months to accomplish.

The squad is formed on the order of a military company. There is Maj. Boudet at the head, a first and second lieutenant and the regulation number of sergeants and corporals.

Gaining a place on the Chicago police force today is perhaps as difficult a feat as the average man of middle age would care to attempt, and for that reason the department is composed of the best physiques that the city can furnish. The same is true of the fire department, the efficiency of which is evidenced by the fact that during the past fiscal year every conflagration in Chicago was put under control before the fire could spread to adjacent buildings.

The medical test, which firemen as well as policemen undergo, follows:

IS THE RESPIRING MURMUR clear and distinct there any indications of Disease of the Organs of 

Are there any indications of Disease of this Organ or of the Blood Vessels? IS THE SIGHT Good?

IS THE SIGHT Good?

Is the Hearing Good?

IS THE APPLICANT subject to Cough, Expectoration, Difficulty of Breathing, or Palpitation?

ARE THE FUNCTIONS of the Brain and Nervous System in a Healthy State?

Has the Brain or Spinal Cord ever been diseased?

IF THE APPLICANT has had any serious Illness or Injury, state expressly what effect, if any, is perceptible in the Heart, Lungs, Kidneys or other Abdominal Organs, or the Skin, Eyes, Ears, Linbs, etc.

ambs, etc., applicant been successfully vaccinated?...
TUMORS or Evidences of Surgical Operation?...

hereditary or acquired, to any constitutional disease, as Phythisis, Scrofula, Rheumatism?...
HABITS use of Stimulants and Tobacco.......

hers had eluded his grasp. "Do you know," he continued, "I'd

service law the Chicago police, fire and

stationary engineers' departments now

have a standing eligible list, the num-

ber of names running up into the hun-

dreds. Hence neither Chief of Police Shippey nor Fire Marshal Horan are

ever worried about securing good, stur-

dy men. They are always on hand

ready to report for duty at a mo-

Scarcely a mouth passes but that

new themes of work are suggested to

the civil service commission, tried out

and either accepted or rejected. It

was the civil service body which gave

the impetus to the move for an ideal

police force and which eventually re-

sulted in the formation of Chicago's

famous "beauty squad" of coppers un-

der the direction of Maj. Boudet, a

soldier who has seen service in the

Cuban campaign in the Spanish-Ameri-

Maj. Boudet and his "beauty squad"

head the list of Chicago policemen-

The beauty squad pays more attention

ment's notice.

nome for you,"

you.'

"Really?" scoffed the girl, curling her lip disdainfully. "Yes, really and truly. Why, I'd stay at home every night, quit smoking, wind the cat, put the clock "Having used Peruna for catarrhat out and split the kindling-all in a maze of dee-light. Just to feel your loving presence ever near would be pay enough for Little Willie, meaning me. Do you know-'

VISITS WITH & UNGLE BY

Repartee.

the girl, reaching for a bon-bon box on the table at her right. "I don't

know and neither do you. Of course I'm crazy about you, too. I am so interested in you that I can't sleep nights without dreaming of you, and ideals and the force is proud of them. when any of the boys ask me to go to soldierly tactics than other sections to the theater, I stay at home always, because I don't want to hurt-'

"Whew! Yes, you do! What were you doing out last night with Frank Hitchcock, then? One would think you would be shaming yourself into a nunnery just to be walking around with another man when you think so much of me. Now, honest, Mame, I think a lot of you! The fact is, I'm coming into the die-for-you class just as fast as the Colorado express will bring me, because I know when it comes to girls you are city broke and a high stepper. There never was another like you, and that's no kid. You better believe me when I tell you that I'm wearing my heart away for you. Do you know I-"

"Yes, I do-but you don't-and be sides I've ordered my wedding dress already and it's blue to match your pink mustache, Arcy-bawld. I knew a week ago, when we met, that I had better hurry awa' to the dressmaker's and be ready for Christmas bells! Somehow I could tell from the color of your eves that you were going to be affectionate. I was simply crazy over you, too. It was evidently the psychological moment for two hearts to beat as one, the vital period for crystalizing our protoplasms of affection, as it were, and-'

"Stop, woman, stop! The first thing you know you will be hoist by your own petard, whatever that means. Anyhow, if you knew what I think of you, you would-"

"Let me talk. I want-" "No, pardon the assumption; let me talk because I have more to say, and-"

"More to say than a woman? Im

possible!" "More to the point. Now, Mame you love me to distraction-and I love you there and back again-and we're both dying to get married! Now

watch me closely, lady." For a moment he fumbled in his

vest pocket. "Presto! Let me put this ring on your finger-and we will awa', as you say, to the preacher man."

Suiting the action to the word, he reached for her hand, slipped the ring on her finger and made an attempt to lift her hand to his lips. Snatching it free, she held it up to

the light. "Three for a dollar any day at The

Globe. Is that how you love me?" "Far be it, dearest. They are only two for a dollar-and at The New York store, not at The Globe. They are better than those at the Globe. Listen, birdie. Will you or will you not take a look at this license?"

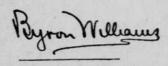
"The what?" she gasped. "The license. I got it this morning on the way down town."

"Now, really, Mr. Fowler, don't you think this is carrying good-fellowship too far? Suppose this license is pub-

lished, and Frank, er-" "He won't take you to the theater any more, of course, Miss Quitter. Of course not! Alas! My heart is broken-but I have found a yellow streak

in you after all. Good night. I'm going. Can't tear myself away, hardly. but I've got to crawl off by myself and weep my eyes out! Adois, until tomorrow night!" "That's the time I made her quit kidding, all right, all right," he mused

as he walked homeward under the trees, "but, say, she would have had it on me good and plenty if she had looked at the names on that old license of dad's. Whee!"

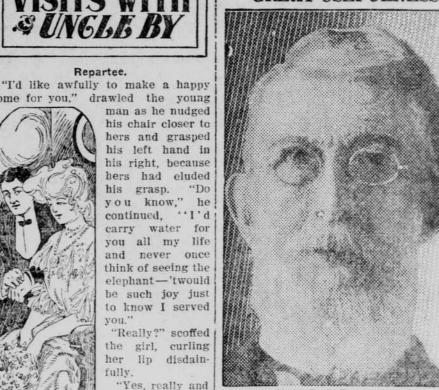


A Helpful Suggestion. Miss Cunning-Why don't you propose to her by telephone, then? Mr. Hamley (timid) -- Maybe wouldn't know who I was.

De Style-I hear your wife is a connoisseur in antiques and is fond of bringing old things into the house. Gunbusta-Yes; we were hardly married when she sent for my motherin-law.-Puck.

help your chances.-Half-Holiday.

PERUNA A TONIC OF GREAT USEFULNESS.



HON. R. S. THARIN.

Hon. R. S. Tharin, Attorney at Law and counsel for Anti-Trust League, writes from Pennsylvania Ave., N. W.,

disorders. I am able to testify to his great remedial excellence and do not hesitate to give it my emphatic endorse ment and earnest recommendation to all persons affected by that disorder. is also a tonic of great usefulness."

Mr. T. Barnecott, West Aylmer, Ontario, Can., writes: "Last winter ! was ill with pneumonia after having la grippe. I took Peruna for two months, when I became quite well. I also it duced a young lady, who was all run "No, I don't. down and confined to the house, to take know," interrupted Peruna, and after taking Peruna for three months she is able to follow her trade of tailoring. I can recommend Peruna for all such who are ill and re-

Pe-ru-na Tablets.

Some people prefer to take tablets. rather than to take medicine in a fluid form. Such people can obtain Peruna tablets which represent the solid me-dicinal ingredients of Peruna. Each tablet is equivalent to one average dose of Peruna.

TROUBLE AHEAD.



He-I fear the worst.

She-What's happened, George? He-Your father has paid back that \$25 he borrowed.

Where Willie Was, There is a humorous story of Mark Twain's "absent-mindedness," but it doesn't match the following:

The Professor (at the dinner table) -Oh, by the way, Mrs. Chopsticks, have you seen your little boy, Willie, lately?

Mrs. Chopsticks-No, professor, 1 have not seen him since ten o'clock. and I can't imagine what has become ried about him.

of him. In fact, I am very much wor-Professor-Well, seeing Martha pour me out that glass of water just now reminds me of something that I had on my mind to tell you some time ago,

but which unfortunately escaped my memory. It was just about ten o'clock, I think, that I saw little Willie fall down the well.

His Lucid Answers. They were asking the eminent lawyer why he took such a large fee from the trust.

"I think it was its largeness that made it easy to take," he smilingly answered.

Then the state's attorneys conferred. "And didn't you stop to consider that

the money was tainted?" they asked "No," he ingeniously replied, "I

only stopped to count it." This closed the proceedings for the day.-Cleveland Plain-Dealer.

ASTONISHED THE DOCTOR Old Lady Got Well with Change of Food.

A great scientist has said we can put off "old age" if we can only nourish the body properly.

To do this the right kind of food, of course, is necessary. The body manufactures poisons in the stomach and intestines from certain kinds of food stuffs and unless sufficient of the right kind is used, the injurious elements overcome the good.

"My grandmother, 71 years old," writes a N. Y. lady, "had been an invalid for 18 years from what was called consumption of the stomach and bowels. The doctor had given her up to die.

"I saw so much about Grape-Nuts that I persuaded Grandmother to try it. She could not keep anything on her

stomach for more than a few minutes. "She began Grape-Nuts with only a teaspoonful. As that did not distress her and as she could retain it, she took a little more until she could take all of

4 teaspoonfuls at a meal. "Then she began to gain and grow strong and her trouble in the stomach was gone entirely. She got to enjoy good health for one so old and we

know Grape-Nuts saved her life. "The doctor was astonished that in-Miss Cunning-Exactly; that might stead of dying she got well, and without a drop of medicine after she began the Grape-Nuts." "There's a Reason." Name given by Postum Co., Battle Creek, Mich. Read "The Road to Well-

> ville," in pkgs. Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

## Porpoises in New York Harbor.

New York harbor was treated to a brose deep water channel. Perhaps strange visitation one night recently. they assumed that it had been pre- of San Francisco bay must present the tide, and a dim, mysterious light A school of porpoises, numbering as pared expressly for their accommoda- A diver recently told of going down over all the somber objects, his heart many as 100, and headed by a vener tion. At any rate, they seemed to ap- to the City of Chester, sunk many failed him and he gave the signal to able patriarch in gray whiskers, swam prove of it. This phenomenon occurred years ago at the mouth of the harbor be hauled above. The San Rafael lies in, took a leisurely survey of their sur on the night which a soothsayer had by one of the large China steamers roundings and then returned to the appointed for the submergence of He descended with a stout heart and open, something for which the oldest Manhattan by a tidal wave. But the a mind lured to the tragedies of the another steamer in the fog. The inhabitant could recall no precedent, skeptical public did not take alarm. sea, but when he saw two sisters of relentless tide runs over her cozy says the Boston Transcript. The vis- On the contrary, the old watermen charity sleeping quietly in their berths, cabins and beautiful stairway, dark

## Wrecks in San Francisco Bay. What a melancholy sight the bottom I ing back and forth with the motion of

itors came in through the new Am- said it betokened fine sea weather. and nearby a man on his knees, sway. with the passage of time.

there, too. She went down in 1901 sent to the bottom by a collision with