Warning as to Our Waning Vitality

(By LEE HERBERT SMITH, M. D.) Every man should take stock of his physical condition just as frequently as he takes stock of his financial condition, thereby learning his weak spots and taking measures to repair them before it is too late.

In the winter or spring is the best time to take stock of one's condition. If the blood is thin and watery, face pale or pimply, generally weak, tired and listless, one should take a tonic. One that will do the spring "house-cleaning," an old-fashioned herbal remedy that was ased by everybody nearly 50 years ago is still safe and sane because it contains no alcohol or narcotic. This blood tonic, extracted from wild roots and barks, was first put out by Dr. Pierce in readyto-use form and since then has been sold by the million bottles as Dr. Pierce's Golden Medical Discovery. It's always efficacious in the winter or spring when the blood is run down and you need a wholesome tonic. This is nature's tonic, which restores the tone of the stomach, activity of the liver and steadiness to the nerves, strengthening the whole system. Send 10c to Dr. Pierce's Invalids' Hotel,

Buffalo, N.Y., for trial package of tablets. Then to keep the liver and bowels regular and to carry away the poisons within, it is best to take castor oil or a vegetable pill, made up of May-apple, aloes, jalap, and sugar-coated, to be had at most drug stores, known as Dr. Pierce's Pleasant Pellets.

The Safer Course.

The Frenchy and the Yank were situng together on the fire step in a trench. The Frenchy was smoking one of those mysterious cigars made somewhere in France.

The Frenchy turned to the Yank and said: "Will you hold zis cigar while I

throw ze grenade to ze Boche?" "Not on your life," said the Yank, "but I'll hold ze grenade while you throw ze cigar."-Ontario Post.

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The failure to express what we feel of love and admiration, and the expression of feeling due to impatience, not of the spirit, but of overtaxed nerves, are causes of the loss of much that helps to make life beautiful.-The Outlook.

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the misery and I had to get up every few moments to pass the secretions that were highly colored, of foul odor, filled with sandy sediment and terribly scalding. My bladder felt as though it were afire. The pain brought stupor and a reeling sensation in my head; the torture of it cannot be described. If I got onto my feet I couldn't walk but felt dizzy and all in a flutter and everything would turn black. My head ached so it seemed as though my eyes were being dragged out. I started using Doan's Kidney Pills and I was soon rid of all the trouble."

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W. N. U., LINCOLN, NO. 13-1919.



1-Explosion of an American kite balloon inflated with hydrogen gas which was ignited by static caused by a soldier's hair brushing against the silk bag. 2—Doughboys just off a transport getting their first American pie in 18 months. 3-The queen of Roumania, who plans a trip to the United States, and her youngest daughter.

NEWS REVIEW OF CURRENT EVENTS

Peace Delegates Completing the League of Nations Plan and Treaty Together.

OPPOSING SENATORS FIRM

Japan Modifies Her Race Equality Amendment-Bolsheviki Lose in North and Win in Ukraine-Stirring Up More Trouble in Other Lands.

By EDWARD W. PICKARD.

Seemingly convinced that, by some means not yet revealed, the opposition of a large part of the American senate can be overcome, the peace delegates in Paris went ahead last week with the work of welding the treaty and the league of nations plan. President Wilson declared there was no intention of handling the two matters separately, and in this he was supported by others of the leaders. It was admitted that the league plan would have to be amended in various particulars, and that the American delegates had made up their minds to accept a certain limited number of changes. Perhaps it was believed these alterations, which probably will not be at all radical, would satisfy the objecting senators. Their attitude and language do not tend to justify that belief.

Some of the correspondents in Paris fear that insistence on joining the covenant of the league with the peace treaty will delay the latter. Others, equally well informed, assert that the difficulties will be speedily removed, intimating that the principles of the league, in so far as they have been generally accepted, will be incorporated in the treaty and that differences of opinion regarding specific parts of the covenant will be recognized and discussion of them left to a later date. Thus, they think, President Wilson and the supporters of his plan will be satisfied and the opposition in America and elsewhere placated.

The specific changes demanded by the opposing senators have not been made public except in a scattering way, but a courier is on his way to Paris bearing a lengthy statement for the French and British press prepared by Senator Poindexter. The senators intend to escape any possible cable censorship by sending all their communications by courier. Meanwhile they are defending their stand before the American public in speeches and debates, the most interesting of the latter being between Senator Lodge and President Lowell of Harvard university. Lodge said he favored a lengue of nations, but not the covenant as presented. He declared the whole treaty should be redrafted, but did not believe that would be done in Paris. Senator Reed violently attacked the league plan in a speech before the Missouri legislature, whereupon fifty Democratic members of that body formally demanded his resignation. That is a fair sample of the intolerance displayed by the strongest partisans of both sides in the dispute.

Several rather startling suggestions have been made by the senators who are fighting the Wilson plan. Lenroot of Wisconsin proposes that the senate adopt a resolution declaring the war with Germany terminated and then proceed to formulate a peace treaty. Calder of New York wishes congress, as soon as it is convened, to instruct the American delegates how they should proceed.

Japan's delegates having evinced a determination to try to introduce into the league covenant an article giving the yellow races equal rights of immigration with the Caucasians, President Wilson personally undertook to stave off this threatened complication. He told Viscount Matsui the idea was impossible, and Matsui agreed to drop it for the present. However, the Japanese delegation did propose an amendment providing that the contracting parties to the covenant shall | due before spring all opposition in the agree to grant equal and just treat-

ment to all aliens within their borders | the hope of relieving the food shortage who are nationals of states that are members of the league. The Japanese do not accept the view that treatment of foreigners and discriminating immigration laws are purely matters of domestic policy and undoubtedly will at some time in the future reopen the

On Thursday all the neutral nations that desired to present views concerning the league of nations were heard by the subcommission of the commission on the league, of which Lord Robert Cecil is chairman. Most of the neutrals, it is understood, favored the league plan with some modifications. The full commission, with Mr. Wilson in the chair, met Saturday to consider all proposed amendments and put the plan into definite and final form.

The completed peace treaty, it is

asserted in Paris, will be ready by April 1 for presentation to the German plenipotentiaries. At the time of writing it was not clear whether this pact would be a preliminary treaty or the final instrument, or a renewal of the strongest provisional armistice. In any case, many important matters were yet to be settled. These included numerous boundary disputes, in the discussion of which Mr. Wilson was taking a leading part. According to report, he told Premier Clemenceau he would not support France's demands concerning the disposition of the west bank of the Rhine, and the "Tiger" thereupon tried to resign, but was dissuaded by Premier Poincare, who showed him France could not get along without the support of America, no matter what modifications Mr. Wilson ght demand in the French program for the treatment of Germany. Next, President Wilson conferred with Prime Minister Orlando of Italy, and, it was believed, arranged for a compromise by which Italy will get Fiume and surrender her claim to the Dalmatian coast which the Jugo-Slavs demand. This plan is opposed by Foreign Minister Sonnino and his party and by much of the population of Dalmatia. The western boundary of Poland has not been definitely determined, though the decision had been reached that the Poles should have a corridor to the sea, Including Danzig.

The interallied commission on Poland and the Germans had a great deal of trouble last week arranging for a cessation of hostilities between the Poles and the Germans, but it was sald the desired result would soon be reached. The supreme council also took steps to stop the fighting between the Poles and the Ukrainians in Gali-

The German government was reported to be facing a new political crisis, with the prospect that Scheidemann would be forced to relinquish the chancellorship. The split between the majority socialists and the independent socialists was becoming wider. When the independents demanded the repeal of martial law in Berlin Wolfgang Heine, Prussian minister of justice, bitterly assailed them for their co-operation with the Spartacans.

The Spartacans, who were comparatively quiet for a few days after their virtual defeat in Berlin, were beginning agitation for a new general strike on March 26, declaring that this time their success was certain. Their previous operations along the Rhine, according to Berlin dispatches, led the French troops of occupation to seize Mannheim, Karlsruhe and two other cities. This was neither affirmed nor denied by the allies.

Defeat in the north and west and success in the south met the bolshevik! in Russia. They attacked the allied positions south of Archangel, but were repulsed with considerable losses. The Lettish troops also whipped them, taking the important town of Mitau. southwest of Riga, and compelling them to retreat along the whole front in that region; and the Poles forced them out of Pinsk. On the other hand, the bolsheviki, having forced the French garrison of Nikolaiev to retire to Odessa after fierce fighting, were in possession of virtually the whole of the Ukraine. Further east they reached the isthmus of Perekop, which connects the Crimea with the mainland. Their aim evidently is to subgreat grain region of the Ukraine, in

in Moscow and the north.

According to reports from Lithuania a new and strong anti-bolshevik movement is under way in the parts of Russla controlled by the soviet government. It is led by the "independent communistie" party, and its first efforts are directed toward breaking up the bolshevik army, by desertion if necessary.

Unpleasant stories are coming from Vladivostok to the effect that the antibolshevik Russians there are bitterly attacking the middle-of-the-road policy that is being followed by the American expedition, and are accusing the Yankees of being the friends of the bolsheviki. The antagonism is fostered by several newspapers which are said to have been subsidized by some Japanese agencies. The Americans in Siberia are scheduled for return in the spring. Just why the Yankee troops should fight the bolsheviki in north Russia and not in Siberia is not dis cernible at this distance.

Directly connected with the strained relations in Siberia is the row in Tien Tsin, where Japanese troops and police made what is declared to have been an unprovoked attack on American officials and soldiers. Washington may demand an apology and reparation from Tokyo.

Meanwhile, true to their program of freeing the proletariat of the entire world, the Lenine-Trotzky crowd are increasingly active in lands far apart. In China they are said to be organizing a great movement and spending immense sums of money, of which they seem to have unlimited supplies. Another uprising in India is being planned. In western Canada their influence is apparent in the action taken by the labor unions. Nearly all local unions there have voted to secede from the American Federation of Labor and to follow the L. W. W. plan of organizing by industries instead of by crafts. Their new body is to be known as the One Big Union. The delegates to the meeting that took this action adopted a resolution committing them to the bolshevik plan of a "dictatorship of the proletariat," and also voted for a referendum to call a general strike on June 1 for a 30-hour

five-day week. What Mr. Gompers, president of the American Federation of Labor, will say of this remains to be seen. At present he is in Paris, where the commission on international labor legislation has been in session. The British draft convention for a permanent organization was amended and adopted for submission to the peace conference. The American contention that each country should settle its internal labor problems without invoking the power of the league of nations prevailed. The commission heard a delegation of women from the allied countries and promised to give due consideration to the points presented, these including eight claims in behalf of working women and children.

The Korean independence movement in reality a peaceful revolt, is attracting much attention and giving Japan considerable concern. The Japanese have arrested a good many Koreans, and with them some American missionary women, according to press dispatches. No official stories of these occurrences having been received in Washington, the state department cabled the American ambassador in Tokyo to investigate the reports. The Japanese, it is said, charge the Americans with teaching the Koreans the doctrines of liberty and personal rights.

Of great scientific interest was the announcement last Wednesday that wireless telephony had been estabtished between Ireland and Canada, and between New Jersey and Brest, France. Authorities agreed that for the present, at least, this means of communication will be one of the luxurles and that it will not supplant wireless telegraphy across the ocean.

Director General Hines has pulled the railroads out of the financial hole for the time being by borrowing \$50, 000,000 from the war fluance corporation, which takes the stand that the railways are essential war industries Other loans will follow as rapidly as they can be arranged.

Paradoxical. "What's all that noise in the moun-

"Hush! It's a still."

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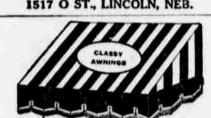
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