

**John Ryder for Secretary of State.**  
Lincoln, July 18.—John Ryder, formerly deputy labor commissioner, who went down with governor Sheldon will shortly file his name as a candidate for the republican nomination for secretary of state. Mr. Ryder put the labor commissioner's office on the map and organized a corps of correspondents who for the first time in the state took pains to send in accurate agricultural reports which have placed Nebraska on the map in this line. For many years Mr. Ryder has been a war horse in republican campaigns and has spoken in the interest of the party in many parts of the state.

**INDIVIDUAL DENTAL CUPS.**

**You No Longer Get Water From the Same Glass Others Used.**  
It's a sanitary age.  
Individual cups for patients at the dentist's are now provided and you no longer take a drink of water out of the same glass that has furnished rinsing liquid to the hundreds of others before you.  
The new cups are of paper, coated with paraffine, so they'll hold water. When you've left the dental chair, the cup you used is thrown away.  
The new cups have reached Norfolk.

**Commissioners' Proceedings.**

Madison, Neb., July 11, 1910, at 1 p. m.  
The board of county commissioners of Madison county, Nebraska, met at the office of the county clerk, pursuant to adjournment. Present: Henry Sunderman and Burr Taft.

The minutes of the meeting of June 28, 1910, were read and approved.  
The hearing in the matter of drainage ditch No. 2 of Madison county, Neb., known as Norfolk Drainage Ditch No. 2 was taken up.

Julius E. Haase appeared before the board as the representative of the estate of Ferdinand A. Haase, deceased, J. E. Haase, Otto Zuelow and J. A. Huebner as administrators of said estate and Louisa Haase Pahn, Emelia Haase Muller, Josephine Haase Zuelow, Henry Haase, Anna Haase Huebner and himself as owners of land, as owners of northwest quarter (nw 1/4) of the southeast quarter (se 1/4) of section twenty-eight (28), in township twenty-four (24), range one (1), west, and Louis Uecker appeared on behalf of August Haase estate, Louise Haase, widow, and Carl Haase, Otto Haase and Hedwick Haase, minors, being owners of the west half (w 1/2) of sw 1/4 of the nw 1/4 of section 28, township 24, range 1, west.

On examination of the returns of the sheriff of Madison county, and printed proof of publication in the matter, the board finds that due and requisite notice has been given to all persons interested in any way in said matter.  
On motion voted that the objections to the jurisdiction of the board, heretofore filed in this matter, be overruled.  
On motion voted that drainage ditch be constructed according to specifications in report of Roy A. Swartout, engineer, said ditch to be along the following route: Beginning at a point in the section line between sections 20 and 29, township 24, north, range 1, west, 2,962 feet west of the corner between sections 20, 21, 28 and 29, and extending south eleven degrees to station 13, as shown on the plat of said proposed ditch, which station 13 equals station "A," thence east along the line of old ditch on the line between the north half and the south half of the northeast quarter of said section 29, and on the line between the northwest quarter of the northwest quarter and the southwest quarter of the northwest quarter of said section 28, to the southwest corner of the northeast quarter of the northwest quarter of said section 28, thence southeast to station 4 B A of said plat, thence in southeasterly direction to the center of section 28, township 24, north, range 1, west, thence east on the southeast quarter of the northeast quarter of said section 28, along the south line of said land to drainage ditch No. 1, of Madison county, Nebraska.

On motion voted that the plat and description of ditch of the engineer as changed to conform to above route be approved and that the appointment of benefit be approved and confirmed in full, same being fair and just according to benefits.

On motion voted that the claim of Louisa Haase, widow of August Haase, deceased, and Carl Haase, Otto Haase and Hedwick Haase, minor heirs of August Haase, by Louis Uecker, their guardian, in the sum of \$1,700, be allowed at \$25 and disallowed as to the balance thereof, same being the full measure of damages and pursuant to agreement with said Louis Uecker as guardian and representative.  
The claims of Obed Raasch in the sum of \$1,700, Julius Heckman in the sum of \$1,100, Frank E. Wachter in the sum of \$1,100, O. Dederman in the sum of \$60, and the claim of the administrator and heirs of the Ferdinand Haase estate in the sum of \$3,500 were on vote of the board rejected and totally disallowed.  
On motion, voted that drainage ditch No. 1 be deepened and improved if necessary to accommodate increased volume of water from drainage ditch No. 2.  
On motion, voted that board build bridge 10x12 on land of the Ferdinand Haase estate, said bridge to be the personal property of the Haase heirs when completed. Bridge to be substantial and durable enough to last five years, Madison county not to be responsible for the maintenance and repair of said bridge.  
On motion, voted that commissioners proceed to advertise for sealed bids for the construction of said ditch as provided by law, bids to be opened August 8, 1910, at 1 o'clock p. m. at

the office of the county clerk. Said advertisement to specify that ditch is to be completed within thirty days from date of awarding contract, certified check for \$200 to accompany each bid. Successful bidder to give bond in the sum of \$500 for the faithful performance with the terms of the contract.  
On motion the board then adjourned to 7:30 p. m.

Madison, Neb., July 11, 1910, 7:30 p. m.—Board met pursuant to adjournment. Present, Sunderman and Taft. Board proceeded to audit and check the books and accounts of F. A. Peterson, county treasurer.

On motion board adjourned to July 12, 1910, at 8 a. m.

July 12, 1910, 8 a. m.—Board met pursuant to adjournment. Present, Sunderman and Taft. Board continued the checking of the treasurer's books and accounts. On motion board adjourned to 7:30 p. m.

July 12, 1910, 7:30 p. m.—Board met pursuant to adjournment. Present, Sunderman and Taft. The board completed the checking of the county treasurer's books and accounts, finding them correct and in order.  
The fee book of F. A. Peterson, county treasurer, was audited and found correct, showing miscellaneous fees collected for six months ending June 30, 1910, to be \$59.50.

On motion board adjourned to July 13, 1910, at 8 a. m.

Madison, Neb., July 13, 1910, 8 a. m.—Board met pursuant to adjournment. Present, Commissioners Sunderman and Taft.

The fee book of C. S. Smith, sheriff, was audited and found correct, showing fees earned for six months ending June 30, 1910, to be \$214.75.

The fee book of S. R. McFarland, county clerk, was audited and found correct, showing fees earned for six months ending June 30, 1910, to be \$2,028.45.

The fee book of William Bates, county judge, was audited and found correct, showing fees earned for six months ending June 30, 1910, to be \$985.10.

The institute book of N. A. Housel, county superintendent, was audited and found correct, showing balance on hand to be \$224.65.

The fee book of W. H. Field, clerk of the district court, was audited and found correct, showing fees earned for six months ending June 30, 1910, to be \$821.30.

On motion a warrant was ordered drawn in favor of the county treasurer to redeem taxes paid for 1907, on lots 7 and 8, block 10, Original Town of Madison, Neb., said taxes having been erroneously assessed for said year.  
The matter of road ordered opened by commissioners along north line of section 1, township 21, range 1, west, was again laid over until next meeting on account of absence of Commissioner Malone.

**On motion the following bills were allowed:**

G. T. Crook, work, R. D. No. 18, § 47.00	Hume-Robertson-Wycoff Co., lumber, R. D. No. 18, 3.85	Hume-Robertson-Wycoff Co., lumber, R. D. No. 20, 22.70	Hume-Robertson-Wycoff Co., lumber, court house, 9.60	Phillip Rees, work, R. D. No. 15, 24.00	Loonan Lumber Co., lumber, R. D. No. 22, 34.70	Joseph Dieter, work, R. D. No. 15, 3.50	Fred Raguse, work, R. D. No. 15, 3.50	J. H. Massman, work, R. D. No. 2, 8.40	Wm. Lowe, work, R. D. No. 2, 19.00	Chittenden & Snyder, repairs, 10.85	Frank Beiler, work, R. D. No. 6, 6.00	G. H. Woodworth, work, C. D., 21.00	Irvin Rogers, work, R. D. No. 6, 8.00	J. L. Rynearson, deputy assessor, 79.50	H. C. Jensen, surveying, 7.60	W. H. Field, salary, 100.00	Hubbard Brothers, ditching, 100.00	Hubbard Brothers, ditching, 100.00	Hubbard Brothers, ditching, 40.00	Hubbard Brothers, ditching, 92.50	Hubbard Brothers, ditching, 100.00	Stokes Barnes, work, C. D. No. 2, assigned to H. Barnes, 12.00	Aug. Teadtke, work, C. D. No. 2, assigned to H. Barnes, 4.00	Howard Risk, work, C. D. No. 2, 2.00	Fred Byerly, work, C. D. No. 2, 52.05	E. A. Young, work, C. D. No. 2, 52.20	G. M. Meicher, work, C. D. No. 2, 47.15	Hammond & Stephens Co., supplies for county superintendent, 64.67	Madison Telephone Co., tolls and rent, 46.25	N. A. Housel, salary for June, 116.67	N. A. Housel, postage, etc., 22.97	Madison Star-Mall, printing equalization notice, 1.70	Mills & Schick, repairs, 36.35	Chittenden & Snyder, repairs, 12.63	Chittenden & Snyder, repairs, 15.00	J. Henderson, furniture and supplies for court house, 17.95	Salter Coal and Grain Co., coal for pauper, 4.00	C. S. Smith, salary and fees, 613.71	Wm. Pinney, draying, 1.50	G. A. Werner, supplies for pauper, etc., 25.40	S. R. McFarland, salary second quarter, 100.00	S. R. McFarland, postage and expenses, 13.75	B. B. Hetrick, work, C. D. No. 3, 57.00	G. A. Werner, painting house, poor farm, 76.74	G. A. Werner, varnishing house, poor farm, 55.28	G. A. Werner, papering house, poor farm, 65.45	Farmers Mercantile Co., supplies for court house, 11.20	Farmers Mercantile Co., supplies for court house, 13.90	Burr Taft, labor and mileage, 63.90	Henry Sunderman, labor and mileage, 53.75
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**Patrick Out for Governor.**

Lincoln, July 16.—W. R. Patrick of Sarpy county today filed his name as a candidate for the democratic nomination for governor. Patrick was a member of the senate in 1907 and was defeated for re-election. Since that

time he has spent many days on the stump lecturing.

**Visits Home of Shakespeare.**  
Stratford-On-Avon, June 16.—From Oxford we went by coach through rural England, and the country is very beautiful at this time of the year; the crops are good, groves and forests dot the landscape, and the coaching was delightful.

England has many large estates of gentlemen, some of which contain two and four thousand acres. These are kept much for hunting lodges and are farmed very little. This is one reason why the farming problem is congested. It seems that a far better thing than to feed the bigoted desires of these English gentlemen would be to divide these lodges up into small farms and then let the poorer people cultivate these lands. England surely has plenty of poor people; they need work badly.

We visited the ancient village of Kenilworth, which has been more noted because of Scott's novel by the same name. In the time of Henry III the castle became a royal residence. Queen Elizabeth, during her reign, held many splendid entertainments in this castle, and she it was who granted it to Robert Dudley in 1562.

This noted castle, now in ruins, has had a varied history. Cromwell's soldiers destroyed much of it in their campaigns. From Kenilworth we coached into Warwick, another castle city. But this is a very quiet, sleepy old place. The very atmosphere is drowsy, like the prologue of the Vision of Sir Launfal. The glory of Warwick is its castle. It is the most magnificent of ancient feudal mansions of English nobility, now used as a residence.

As we roam through these castles and palaces of a thousand years ago we see the life and footprints of different conditions than we see today. Conquest, show and idleness were the amusements of the royal people in those days, who cared little for their subjects, whether they starved or froze to death.

England is a beautiful country, but it is crowded. The weather is very changeable, and it is no place for the poor man, for wages are very low.

**Shakespeare's Birthplace.**

One of the great delights of our coaching trip was our visit to Stratford, the birthplace of Anne Hathaway, the wife of Shakespeare, and we were shown this old relic of 400 years ago. It is a very plain, ordinary house, but in its beginning no doubt was looked upon as one of the fine mansions of the community. But the city more noted is Stratford-On-Avon, for here April 23, 1564, the celebrated large minded William Shakespeare was born, one of the greatest men of all ages, and as a writer he has never had an equal. I have always loved his charming language, which is often a fascination. We got permission to visit the house in which Shakespeare was born, in Henley street. It is a two-story wooden house of large spacious rooms showing that 400 years ago it would easily be looked upon as one of the best residences in the community. Here for many years lived this genius of the English language. Many of Shakespeare's sayings bear the tint of divine inspiration, and much of his philosophy is worth our belief and practice. In Hamlet he says:

"To thine own self be true  
And it must follow  
As the night the day  
Thou canst not then be  
False to any man."  
What could be more true than this? The house is now used for a museum, in which are many interesting relics of the Shakespeare family. There is the old writing desk, gold signet ring, the original quarto editions of "The Merchant of Venice," "A Midsummer Night's Dream," of year 1600.

There is an autograph signature in the museum recently found in the public library of London by Professor Wallace of the Nebraska state university, who is here on a year's leave of absence. This one discovery has already given Professor Wallace a world name and he is offered important chairs in colleges in Europe to keep him here. It is not certain as yet whether he will accept.

From Shakespeare's birthplace we crossed over to the Holy Trinity church and here we viewed the tomb of this immortal writer whose glory surmounts that of other men. Here he sleeps, and by his side is buried his wife. Not knowing what evil men might pass by and disturb his peaceful rest, Shakespeare wrote this epitaph for his tomb:

"Good friend for Jesus sake forbear,  
To dig the dust enclosed here,  
Blest be ye man yt sbares this stones  
And curst be he yt moves my bones."

This quaint saying is carved on a marble slab and placed over the tomb. The beautiful quiet, narrow little Avon river and all the surrounding country is quiet and charming, and how we longed to linger many weeks and drink in of the richness of the place. Stratford is a town of 10,000 people, has paved streets and fine stores and buildings, although many of these are very old. Some hotels are named as "The Red Horse," "The Black Swan," "The Farmhouse" and "The Fountain." At the latter we had a delightful stay. Opposite this hotel is a magnificent marble fountain donated to the city by George W. Childs of Philadelphia.

**Tourists Are Velvet.**

But had it not been for Shakespeare the people of Stratford would have had a hard time, for the tourists keep the business going. The stores are full of pictures, relics, books and, in fact, everything that will sell, having the name or portrait of Shakespeare. It is just so, for "the good men do lives after them, but the bad is off interred with their bones," or ought to be anyway. And we are all hastening on to be remembered or forgotten by what we are and how we live.

Happy those who can lead others out from the cares, worries and troubles of life and daily duties to claim, by right of Jesus' blood the treasures of a heavenly city. So like the weaver's shuttle we are fast at work spinning our eternal robe, which, if it fits when finished has been made by the pattern of the Man of Galilee.

But we are too busy with life's temporal duties; we eat, sleep and pass our time for business and worldly success instead of to attain the goal of high and holy living, which is God's plan for humanity. How little we need, how little we eat (some exceptions); yet time like a stream pours in upon us the current that changes youth into old age and the rosy cheeks into the wrinkled face, and like lightning's flash these changes come.  
Shakespeare is gone, but he is still here, real, inspiring and profitable. And you are going down toward the setting of the sun and the veil will part, and hence on its flight your spirits will wing their way. "Perhaps it is better so." We often weep and feel no better, yet we must weep at times, for this belongs to human nature.

I see by the calendar that my time is passing quickly, but will be pleased if Providence permits to turn my steps homeward to Norfolk as soon as my arduous duties are finished in Europe. I am trusting all America is prosperous and that the stars still wave for greater success.

Charles Wayne Ray.

**In Ancient Scotland.**

Glasgow, Scotland, June 27.—My heart was greatly moved by the world's missionary convention, and the interest and inspiration was wonderful, especially because of the spirit of union and good feeling among the delegates. But from this peaceful session and the quiet of many days in Edinburgh I leaped forth on my continued tour, now alone, but soon to meet my second party.

Passing through Scotland westward the country is very fertile and productive in some parts but in other places it is very hilly and rocky.

The sheep and cattle raising is a large industry in England and Scotland, because, as some farmers told me, there is less work about it than there is in cultivating the land.

I am now seeing Glasgow, which is on the west coast of Scotland, where as Edinburgh is on the east coast. Glasgow is the commercial metropolis of Scotland, and has 850,000 inhabitants, and the council finds it necessary to employ 15,000 men to carry on the city business at a cost of \$20,000,000 yearly.

The municipal building is a large marble structure costing \$3,000,000, but it would be a worthy monument in any city. It stands in St. George's square, and is surrounded by statues of the following noted people: Queen Victoria and prince consort, Robert Burns, Lord Clyde, W. E. Gladstone, Thomas Campbell, Sir John Moore; James Watt, Thomas Graham, David Livingstone and Sir Walter Scott.

The art gallery in the west end of the city contains many remarkable pictures and relics that every visitor to Glasgow is sure to see. Then opposite the gallery on a high hill is the great Glasgow university, founded in 1450 A. D. It has about 3,000 students every year and ranks as one of the highest in scholarship in the world. Hundreds of young men from America come here to finish their education. England and Scotland are spending large sums of money on education, and young people are not allowed to work and stay out of school until they are 16 years of age. This is most commendable, for the future of any successful nation must depend on educated leaders for officers and rulers.

Glasgow is favored in that it is divided by the Clyde river, for this gives the city water communication with all the world. The big steamers are constantly moving up and down the river. It was a delight to me to have a twenty-five mile trip through the ship yards on the Clyde river. Here I saw hundreds of big and little ships in the course of construction and thousands of men busy hammering the iron and steel. Perhaps it seems big to speak of ship yards twenty miles long on both sides of the Clyde river, but this time I am telling the real truth, which may stagger the minds of those who have been in the habit of hearing just stories. Without this great industry of ship building I do not know what the laboring men of Glasgow would do.

It is worthy to note here that the "Lusitania," the largest steamer of the Cunard line, was built at Glasgow. It is 785 feet long and draws 29 feet 6 inches of water, and yet this huge monster of the sea passed down the Clyde river in one tide without a hitch. There are many beautiful parks and public buildings which I cannot take time to mention, except to say further that the city is very prosperous now. The shops and stores are well filled with buyers and the street cars are doing a thriving business.

**Sundays Are Quiet.**

It is commendable how these Scotch people close up their stores and shops on Sunday. Even the restaurants are closed, and here too, as in Edinburgh, the street preachers instruct the people in righteousness and they always have large crowds to hear them. The people seem eager to hear the gospel, and I must confess that they are ahead of America on churchgoing, and yet the people here tell me that their ministers are not as good speakers as American ministers.

While in Glasgow it was a great pleasure to me to be feasted in the home of William Fraser, a brother of Mrs. William Graham, wife of the popular baker of Norfolk, who is delighted with his home in America. I presented a letter from Mr. Graham to Mr. Fraser and I was received with open arms and feasted on the best that Glasgow had. They considered it an honor to have an American guest and I took it as great honor to dine in a

good old Scotch home.

Still filled with the roving spirit I took the fast steamer, the "Isle of Arran," and left the beaten path of tourists and went far out in the ocean. Captain Buchanan showed me a great honor by taking me up on the "bridge" of the ship, and I guess I felt like a king, although I don't know how a king feels. This was a fine voyage, because of the splendid landscape along the river as we passed out into the ocean. Our steamer stopped at several cities out of the river, as at Dumbarton, a fine town in which is the famous Dumbarton castle, situated on a high rocky cliff overlooking the city and the bay. Other stopping places were Port Glasgow, Greenock, Inellan, Kilm, until we came at last to the charming city of Rothesay on the Isle of Bute. This isle out in the ocean is three miles wide and fifteen miles long. The land is all owned by John C. Stuart, the marquis of Bute, who rents it to the farmers, of whom there are one hundred. This is a delightfully quiet place and the city towering up the mountain side is one of unsurpassed charms, and the Esplanade, the main street skirting along the bay, is ornamented with a park three or four miles in length.

I came up to Rothesay more especially because I had a letter from Mr. William Graham, whom I have mentioned, to visit his sisters, for here it was he was born and lived previously to being allured to America. Well, I presented my letter and was received with open arms, and was entertained at the home of Dugald Gillies, a brother-in-law of Mr. Graham. But in the evening the relatives and friends gathered at the home and I was given a great banquet, and such Scotch songs as "Annie Laurie" and "Auld Lang Syne" were sung and this feast lasted until the coming of the morning. This was not all. That day I was taken far across the Isle of Bute on the electric car to Ettrick Bay, which is a summer excursion station. This was very interesting because we passed a grove in which were image stones which the Druids worshipped a long time ago, in fact, before Caesar came to the British Isle in 55 B. C.

There is a famous castle in Rothesay built in 1398 A. D., long before America was discovered. Besides, I saw here an old flour mill, established in 1480, called the King's Mill, and it is still used.

**Is Offered a Church.**

These people that I visited are leaders in the United Free Church of Scotland, and it happened that just now their minister is leaving, so they informed me, an American Methodist minister, that they were going to give me a call to become their pastor at £500 and a beautiful manse and villa for a home to use while pastor. However, I doubt if my Norfolk parish and friends would listen to me becoming a foreign Presbyterian minister. I shall always remember with pleasure this delightful voyage out to the Isle of Bute. I may add that the young people of these Scotch families are soon to come to America to make their home and fortune. It is amazing the great number of people who are leaving Scotland for the United States and Canada. After this splendid excursion I returned to Glasgow, where I am awaiting my party. Glasgow has a beautiful Y. M. C. A. and Y. W. C. A. building. The people are so accommodating—for example, I stopped one day to ask a policeman where the municipal building was, and after he told me how to go, he said, "wait and I'll go with you," so he left his "beat" and walked four blocks with me, and even showed me through the hall, but it did cause a little stir on the streets, as many thought I was being taken to jail.

In sightseeing I have not forgotten my own country, but I see congress voted appropriation of one billion and fifty-five million dollars for expenses, which is the largest ever voted.  
And the pope of Rome is again having trouble, this time with Spain, which has granted the dissenting churches the right to carry and display the symbols of their faith in public, which the pope thinks belongs to the Roman church alone. Such bigotry should be buried so deep that not even Gabriel could resurrect it.

I must close, but will first say, the Alexandra hotel, where I am housed, has a record for weddings. There has just been a marriage here, another tomorrow and five in all this week. I hope I can get some pointers for the Norfolk girls and maybe I can find them a few Scotchmen to walk with them the even tenor of life.

The lady of the house just now brought me a piece of the wedding cake.

I am off again.  
Charles Wayne Ray.

**FOR SUMMER NIGHT COMFORT.**

**Second Story Sleeping Porch Solves the Problem.**

Collier's Weekly: How to sleep in comfort on warm summer nights is a problem of city life that uncounted thousands of families never have been able to solve. The ordinary flat or apartment house holds the heat like a patent fireless cooker, and the only hope of comparative comfort is the roof or the fire escapes. Among those who are fortunate enough to live in houses, a surprisingly large number have solved the problem by converting their second story porches into bedrooms. Once you have built a wooden rampart, say thirty inches high, around the bottom of the outdoor sleeping room for protection from the gaze of the milkman and the grocer's boy and have screen the upper part to keep out the mosquitoes and the flies, the summer nights become something lyric. You can understand then the situation explained

by Edward Young in his "Night Thoughts," when he spoke of "Tired Nature's sweet restorer, balmy sleep!"  
He, like the world, his ready visit pays  
Where fortune smiles; the wretched he forsakes.

It is nearly as cool on the open porch as under the sky—and anyone who has ever been a camper knows what a difference there is between that and a room. Instead of trying to sleep with your head beside a rectangular opening in the wall about two and a half feet wide and three feet high, your pillow now is close to a window, which is fully four feet high, and perhaps as wide as the house. Instead of staring at black walls and a melancholy glimmer of light coming from the hallway, you lie now watching the stars and the waving treetops. The crickets squeak drowsily, and the sound of the wind in the leaves is as soothing to the man on the porch as to any camper. On the first night, of course, you may be restless. The moonlight may bother you and crickets seem to need oiling. But another night and you hear the crickets gratefully, and there is something hyaline in the distant piano. For a few minutes you lie stretched out in thankful restfulness, the ideal ending for a day of conscientious labor. The crickets begin to drone and blend their squeaks together, and the treetops wave more and more mystically until you fall asleep. Morning comes with a tremendous chirping of sparrows and the sound of a rooster crowing somewhere. You lie a little while breathing deeply the fresh morning scents and grateful that you have a body and then you know that the day has begun as it should.

**PAVELKA IS VICTOR.**

**Defeats "The Terrible Swede" of Montana.**

Verdigris Citizen: Ben Pavelka of this city wrestled a match with "The Terrible Swede" of Montana, at Pkaka, Mont., July 4, winning two straight falls in two hours and three minutes. The Swede is supposed to be the best in Montana, he weighs 206 pounds.

Pavelka wrestled with a professional, who went by the name of Al Hallot, beating him two falls in forty-seven minutes. Ben is certainly making a great showing in the west. He intends spending the remainder of the summer traveling through the western states wrestling with the "best ones" barring no one. My, but won't Hokuk be an easy mark for Ben when he returns.

**HERE'S A HOT WEATHER MENU.**

**Prof. Ellen H. Richards of Boston, Advised Against a Meat Diet.**

Boston, July 16.—Those Bostonese who can be sitting in the Atlantic ocean these days to keep cool. As for the rest, here are the instructions of Prof. Ellen H. Richards of the chair of sanitary chemistry at the Massachusetts Institute of Technology, the only woman instructor on the staff:  
"Eat as little as you can, just barely enough to keep you going.  
"Keep as quiet as possible.  
"Don't drink too much at meals.  
"Use ice water freely, but put your hands in it instead of putting it into your mouth.  
"Eat no meat, no sugar, little fat.  
"Eat vegetables, fruit and especially bread and milk.  
"Good milk and bread—you can't find anything better to eat on these roasting days," Mrs. Richards explained, "you don't want to eat sugar and sweet things, because they give you heat so quickly. Alcohol gets into circulation in two or three minutes after you drink it, and sugar in about five minutes. Starch takes a half or three-quarters of an hour to get into circulation, so after you eat starchy foods you have time enough to cool off before they get into the blood."  
"Cut down your eating about two-thirds. Yes, I really mean this—eat about two-thirds less than you eat in cooler weather. What we eat for any way, in large measure, is to keep warm. When the temperature is at 90 degrees, we need to eat enough to keep the temperature of our bodies at 98 degrees. But when the outside temperature is 90 degrees, need eat only enough to make up the remaining eight degrees. Eat just as little as you can. Fruit, that is good fruit—not decayed in the least—is splendid for the hot weather menu, and there is a delightful variety of fruits in the market at present.  
"Don't eat meat. Or, if you feel that you can't get along without it, eat light meat, such as veal or chicken. Cheese, you will find, is better than meat these hot days and just as satisfying.  
"Tea drinks are not harmful, if you take them in moderation. Be sure not to drink too much food stuff at meals. And don't drink it too fast.  
"Put your hands in ice water instead of drinking it. You will find this much more refreshing than taking it into the mouth. Keep as quiet as possible in hot weather and try this hand and wrist cooler. You will be astonished to find how comfortable you get through the sultriest hours.  
"I'll tell you some other dishes that I eat in these warm days. For the breakfast the bowl of bread and milk does nicely. Then, for lunch, say, two bananas, with a roll and butter and a little cheese. Since a banana is rather tasteless, squeeze the juice of a lemon over it. This makes an extremely refreshing dish. Bananas, by the way, are both cheap and highly nutritious. The food value of bananas is like that of potatoes. For the third meal of the day—the hot meal which almost everyone wants at least once in twenty-four hours—try cooked vegetables. For instance, I had sweet potatoes and string beans yesterday. Two cooked vegetables with bread are

enough for a good meal.  
"Follow this scheme of diet and you'll be better off in health, comfort and pocketbook."

**"FIGHTING A BRUTAL GAME."**

**Nothing in Common With the College Sport, a K. U. Professor Says.**

Lawrence, Kan., July 16.—Dr. James Naismith, professor of physical education in the University of Kansas, and director of gymnastics, said today that he saw absolutely nothing to uphold in pugilism. He likened prize fighting to cock fighting and bull fighting, and said that any comparison of such a sport to college athletics was made ignorance. In view of the fact that Professor Maurice Parraloe of the department of sociology and economics recently pointed out the physical benefits of pugilism, the statement of Doctor Naismith can only be taken in direct refutation of what the professor of sociology said.

"Pugilism has nothing in common with football or any of the college sports," declared Doctor Naismith, "for in these any injury to the players is incidental and not a necessary part of the sport. Pugilism, however, should be classed with cock fighting, bear baiting and bull fighting, for the common aim is to so injure the combatant that he is unable to carry on the contest."  
"The aim of pugilism and the great desire of every pugilist is to be able to deal such a blow to an opponent that he will be rendered unconscious. This often results in a concussion of the brain and is by no means a minor injury. This is shown by the statements of fighters, who assert that a man who has once been knocked out is never the same fighter again."  
"It is hard to see how a contest entered into with this as an end can be of any benefit to the individual or the race. It might have been beneficial in those areas when might made right and the individual was supreme and each had to destroy the other or be destroyed, but the spirit of today in our social and, to some extent, in our commercial life, is the 'square deal' for every man."

Doctor Naismith then pointed out that it was pretty hard to see how a man is to get any kind of a "square deal" if another is willing to knock him unconscious in order to obtain the big end of a purse. He said that it was impossible to eliminate these evils so long as there is money at stake.  
"A comparison between such a sport and college athletics must surely be made in jest or in ignorance," he added, "for the whole aim of the students and the faculty of the university is to do away with just such evils from our college athletics."

**ARMY WORMS ALARM FARMERS.**

**Doing Much Damage to Crops in Vicinity of Watertown.**

Watertown, S. D., July 16.—The appearance of vast hordes of army worms in Deuel county is causing by far more crop alarm than the dry weather. Practically every acre of timothy in the county is said to be ruined, and the pest is beginning to work on the wheat fields. Sections of Hamlin and Clark counties also are reported attacked by this crop destroyer.  
Farmers in Deuel county were at a loss to account for the loss of their timothy until one discovered the vast number of worms, and sent specimens to Professor Severin, entomologist of the state agricultural college at Brookings. Here they were recognized at once, and most vigorous measures were taken to protect the remaining fields.  
Thousands of circulars have been issued giving instructions how to protect fields not yet ravaged by the pest. These circulars have been now placed in the hands of every farmer as far as possible, and the plan is to have every farmer in each of several counties adjoining those affected thoroughly acquainted with the