Home Course In Health Culture

X .- "Nerves" In the Home

By EUGENE L. FISK, M. D. Copyright, 1910, by American Press

Association.

TERVES" are quite as perniclous an influence in the household as microbes. It is unfortunate that, unlike microbes, "nerves" cannot be boiled, fumigated or killed by antiseptics. It is true that fresh air, sunlight, exercise and simple diet are natural enemies of "nerves," as they are of microbes. but these remedies require time and the enforcement of a discipline which it is difficult to attain in a "nervous" household, and so it is regrettable that we cannot treat these pesky nerves as we do diphtheria germs and drive them from the home atmosphere with formaldehyde gas.

Prevalence of Nervous Diseases.

There is reason to believe that under the strain of modern conditions nervous disease is claiming an increasing number of victims. This belief derives little support from census returns or vital statistics in the large cities, if such statistics are taken at their face value, without close analysis. The bald figures show a marked decline in the death rate from nervous disease during recent years. But on digging beneath the surface we find that much of the decrease is due to the saving of infant lives from death by "convulsions," a cause of death reported under "nervous diseases." On going still further and ascertaining what changes have occurred in the mortality from degenerative diseases of the heart, arteries and kidneys, maladles largely caused by nerve strain and abuse of the nervous system, we find that during the past thirty years the mortality from these diseases in the United States registration area has increased 105 per cent.

The question naturally arises, is this excessive mortality, falling chiefly among the middle aged and elderly, a pecessary accompaniment of our civ



BAVING LEARNED THAT YOU POSSESS ITY, "SMILE AND PORGET IT."

llization? The answer is emphatically, No! Neglect and temporary failure of adjustment to conditions, which have changed with marvelous rapidity in the past half century, are responsible for this heavy loss of life. When the batteries of preventive medicine are fully trained upon this degenerative class of maladies, as they have been trained upon tuberculosis, typhoid and other germ diseases, a reduction in the death rate among the middle aged and elderly will take place quite as remarkable as that already attained among the younger members of the community.

Causes of Nervous Disease.

The conditions that give rise to nervous derangement are so numerous that they could not be described within the limits of this paper. They may be grouped, however, under three general headings-heredity, overstimulation and understimulation. Between the two extremes last mentioned lies the "golden mean" of a well poised. harmoniously adjusted nervous sys-

Overstimulation is the result of the demands and opportunities arising out of our rapidly developing and complex civilization, the strenuous life calling for a continuous and rapid adjustment of our minds to the kaleidoscopic changes which are going on around us. We sometimes forget that the incidents and experiences that formerly would have required a lifetime of 100 years may now be crowded into a tenth of that period.

Understimulation affects those who are outside of the maelstrom, who have drifted into the backwaters, whose lives are so narrow that monotony induces a spiritual starvation, finally reflected in a physical exhaustion of the nerve centers.

First Steps In Prevention. Having learned that you possess i nervous system of amazing complexity. "smile and forget it." Only the strongest brain can indulge in critical self analysis, especially of a nervons system out of repair, without be-

coming morbidly self conscious and exaggerating nervous manifestations which are often of triffing importance.

With the latent knowledge that you have such a system and a very definite knowledge of the things that will

Injure it, go on your way with nabits formed accordingly and with confidence in your ability to defy disease and the odds are all in your favor. Nerve strain, neurasthenia and a host of other troubles will pass by, leaving you unscattled.

Heredity is undenstedly responsible or many cases of nervous failure and the maladies that follow in its wake. If individuals whose family history shows a tendency to pervous or degenerative disease would refrain from marrying the face of this globe would be transformed as if by magic within

Value of Early Training.

For best results we must begin eary. Regularity discipline and the upbuilding of self control are the watch words in deating not only with the nervous child, but with all children Freedom from andue excitement and strain are likewise important. The pervous child must not be asked to compete either physically or mentally with more fortunately endowed childreu. The very principle of "competition" should be excluded from the home and school life and the principle of "training" substituted. Work and play for their own sake is a higher ideal than the mere desire to "beat the other fellow.

The limbit of early retiring should be especially enforced with nervous chiliren. Excitement in the evening home should be avoided and the child encouraged to seek its rest while in a normal, sleepy condition instead of in a state of high tension from romping or the reading of exciting tales.

Dangers of School Strain.

A clear brain and a sound nervous system are far more valuable possessions than a highly cultivated mind

and a shattered nervous system. The nervous system of the growing child is an exceedingly delicate and impressionable mechanism. If the demands upon it are too heavy the evil influence may reach far into adult life. This is especially true as affecting girls between the ages of twelve and seventeen. The school work should be carefully considered at this period, and if there is any sign of nervous instability or weakness freedom from the strain and confinement of school life is safer until the child's health and nervous outrol are fully restored.

Nervous children and, in fact, all hildren should be examined for any possible local source of irritation, such is eye strain, adenolds, enlarged tonsils, defective teeth, etc. Correction f these troubles may change the entire future of the individual and greatly simplify the work of training.

Nerve Strain In Adult Life. "Overstimulation" has been mentioned as the second great cause of nervous maladies. This term would connote with intemperance in its broadest sense. Many prohibitionists are extremely intemperate not only in their language, but in their manner of life. They drink no liquor, but they often eat too much and drink too much tea or coffee or talk too much or work too hard and too long. I would not be understood as criticising the prohibition movement or the average prohibitionist, but merely wish to show that "intemperance" covers a wide range of activities and indulgences which may be injurious in their effect. The society "elimber," the business "elimber," the "man about town," the speculator, the glutton, the debauchee, the average "daily" drinker, the drunkard, are all types of intemperance or overstim-

ulation. The business drudge, the household drudge, the laboring drudge, the mentally deficient, are all types of the understimulated class, upon whom deadly monotony exerts its lethal power. It seems that when a life is confined within too narrow limits a condition of inequality or strain arises in the nervous system. One set of cells is used until they are "worn to a frazzle," and then the trouble comes.

The Tired Woman.

The tired woman is often the first phase of the nervous woman. The monotony of domestic routine, unrelieved by that daily contact with the outside world which often saves a man from hysteria, is a fertile source of nerve failure among women. It is my belief that every housewife needs a vacation occasionally.

There is reason to believe that latent grief, worry or remorse relating to matters really long since settled is often responsible for neurasthenia and functional nerve troubles. It is desirable to get such things "out of the system." Talk the matter over with your physician or your clergyman and ventilate the chamber of your mind in which it has been confined. The nursing of a "grouch" is a type of this trouble.

Effect of Prolonged Strain.

If the finest quality of bow is kept continuously bent it will lose its resiltency. Likewise the most finely poised nervous system if subjected to continuous and unremitting strain will acquire in time a warp or twist which requires the most skillful and patient treatment to remove. The business or professional man who presses steadily toward some mark, grudging even the time given to meals and refusing to take intervals of rest, often defeats his own ends. It has been contended that it is "worry" and not "work" that kills. Worry is certainly a terrible and often unnecessary health destroyer. but it is contrary to common sense as well as science to contend that the delicate tissues of brain and nervous system are not injured by overwork.

Wishing Them a Safe Voyage. "Mabel and George, after much quarreling over the arrangements for their honeymoon, have decided to take

the trip in an airship." "Well, I trust that when they get above the clouds they won't have a falling out!"-Widow.

Look for the ad that describes the place you would like to own

EUROPEAN

NEWS AND VIEWS

London, March 11. - Perhaps the ergest volume of business being done n London just now is by the real es ate agents and house furnishers and decorators. The dressmakers, too, have their hands full, but they have more time to prepare their orders than have the house renters and furnishrs. Americans lead by far the forigners who are taking houses for the coronation, which will be followed by the height of the London season. The house of the late Baroness Burdett-Coutts, in Piccadilly, which John Hays Hammond, special ambassador of the Inited States to the coronation, has rented, is one of the handsomest in London. It is splendidly adapted for large entertainments. The mansion was inherited from the duchess of St. Albans, by the late baroness and is now the property of her husband. It Interesting to note that Mr. Burdett-Coutts, who, by the way, has no title, s mentioned as a successful suitor for the hand of Mrs. Ava Willing Astor, the beautiful former wife of one of New York's leading multi-millionaires.

In France one of the chief causes for regretting the downfall of the Briand ministry seems to be the encouragenent which the incident affords to the socialist enemies of the French re public. Mr. Briand's chief battles were with the socialists, who have become a far greater menace to the reaublic, it is claimed, than the royalver were. The impression will prevail that they drove the Briand ministry from office. That may not be coralent. Certainly the French nation \$2,000. s passing through a critical period in

David J. Hill, ambassador from the inited States to Germany, is sailing for New York today, where Mr. Hill has an engagement to deliver a series of lectures at Columbia university during the month of April. They are the Charpentier lectures and will be eight in number, dealing with the general topic of the political organization of the world. The ambassador expects to return to Berlin in the middle of May.

Thieving on Italian railroads is an vil of which many traveling Americans could tell sorrowful tales. Nothing that has been done so far by the Italian authorities has been efficacious in stamping out what seems to be a widely ramified system of baggage pilerior is going to see what women deectives, for which recruiting has been going on in Milan, Venice, Turin, Genoa, Florence and Bologna. There have been more than 3,000 applicants for the 100 places offered.

One of the features of the receptions at King George's court this year will be the revival of the old fashioned and graceful full courtesy. Of late years, indeed all through King Edward's reign, the half courtesy was practiced. King Edward himself let t be understood that it was sufficient. Curiously enough the people who never availed themselves of the permission were the Americans presented at court. They always remained faithful to the old deep courtesy. The full courtesy is not the easiest thing to manage, and a girl might almost be said to be born with the ability to perform it properly and gracefully. Danc ing masters and teachers of deport ment are having a busy time of it this season coaching pupils in this really difficult accomplishment.

Nothing is sacred to the German tatistician. Presumably basing his hand, 2 percent fall on the knees, and 20 percent swallow nervously before they declare their passion. Ten percent open and close their mouths without being able to utter a single word and 2 percent make their proposals while standing on one foot.

On the other hand, 60 percent of the women sink helplessly into the arms of the lovers for whose proposal they have been waiting, 20 percent the suitor's eyes and 1 percent run

away to tell a girl friend. Experiments with submarine bells at Cherbourg, and with wireless telegraphy as applied to submarine boats have given excellent results. Four submarines were sent in different diections from the coast guard cruiser croscopic receiver, their commanding ness. officers carrying sealed instructions. When seven miles away the submaine plunged and the instructions were ignalled by means of the submarine ells to the Bouvines, where they were received with perfect clearness. As a esult the minister of marine has or dered all submarines to be fitted with

these bells and receivers.

The new director of the opera in Vienna, M. H. Greger, is trying to preent the exodus of singers to America. With this object he is at work on a or female, who has appeared for more han three months in America can no guise of a short talk.

European theaters.

French army's geographical department, a further evidence of the value set upon military airmanship by the French war department. Airmen have complained that existing maps are of little use to them, so Commandant Pollachi has set to work to provide them with something better. He began with the district of Chalons, where the flying school of Mourmelon is sitnated, and this is the first to be published. It is printed boldly in six colors, corresponding with what an air man can see of the earth from a height of 600 feet. The roads are white Woods and forests are made splashes of green. The ups and downs of the country are shown by means of shading, light for a gentle rise, heavy for a high hill. Towns and villages stand out clearly in red. Windmills, church towers, factory chimneys, telegraph wires and even tall, isolated trees are indicated. Spots where it is dangerous to land because of uneven ground, hop poles, vineyards, orchards, etc., are marked with red crosses for the airmen to avoid.

Fire in a Stanton Store.

Stanton, Neb., March 11 .- Special to The News: A fire was discovered in the Johnson & Co. store of this place. The discovery was made about 10:40. The fire company responded promptly but the room was so filled with smoke that the fire was hard to locate. It is evident that it had gained considerable headway before discovered. It was soon put out how ever. It seems to have originated on a balcony in the rear of the room where there was a quantity of cotton batting stored. The origin of the fire s unknown.

The loss is estimated at probably sts and the imperialists combined from \$5,000 to \$6,000. It is fully covered by insurance as follows: In surance company of North America \$4,000, Fire Association of Philadel rect, but entirely correct conceptions phia \$2,000, Delaware Insurance comof suche matters are not always previously \$1,000, Royal Insurance company

Babe Dies in Sleep.

Colome Times: While his parents, Mr. and Mrs. Frank Beaulieu of Winner were sleeping last Saturday night their 2-months-old son died in his little bed, the death of the child not being discovered until the following morning, when an attempt was made to arouse him.

When the baby was put to bed Friday night he was apparently well and there appeared to be nothing wrong when the parents retired. When morn ing came, the mother's first thought was for her baby and she looked to see if he was all right. Noting the peculiar pallor on his face, the father and mother endeavored to arouse the little fellow, but could not. Frightened, a physician was summoned, who found that death had come during the night ering. Now the minister of the in- while the baby slept, either without a struggle or its cries were so feeble they could not be heard.

T. R. TALKS OF CITIZENSHIP.

Jackson, Miss., March 11 .- Theodore conserved was introduced by Governor Noel of Mississippi to a big crowd here today as the "foremost private citizen in the world; a man who is not afraid to do right."

Good citizenship was again the tople on which the celonel spoke. He told his audience that the man fitted to exercise powers delegated to him by the people must have three qualities-honesty, courage and common sense. After a luncheon in his honor by the chamber of commerce, he boarded the train for New Orleans.

New Orleans, March 11 .- Theodore Roosevelt will be the guest of this city beginning at 6 o'clock this afternoon, when he arrives on a special train from Jackson.

The program includes a reception followed by his public address and a banquet.

Local Farmers Should Buy Them. Farmers or breeders of this vicinity calculations upon information culled are asked to give their attention to due him. from fiction, he calculates that in the the great work being done by the Norcase of proposals of marriage 36 per folk Commercial club in the way of cent of the suitors press the hand of bringing pure bred Belgian horses to their beloved, 24 percent conclude this vicinity from Belgium for half their speech with an embrace, 4 per- the usual price. Every one of these cent kiss the hair, 2 percent kiss the animals should be bought by Norfolk farmers.

The Commercial club has been re eiving many inquiries from people outside of this vicinity for these animals and in some cases large amounts of money are being offered the club for all the horses they can furnish. The club, however, cannot see the matter that way and are still holding a few more of these first shipment of Belgians for local buyers, who are asked to call at the Carlson barns or at blush and hide their faces, 1 percent the G. L. Carlson Horse Review office swoon away, 4 percent are genuinely at the Oxnard hotel and get full inforamazed, 14 percent gaze silently into mation about the horses. Farmers should come in and get these horses while they last. Of course, if the farm ers do not come for them soon the club will be forced to sell them to breeders outside the state at a profit. Members of the club declare they have no place for the horses and that they themselves, as a club, are not Bouvines, which is fitted with a milgoing into the borse breeding busi-

Church Ready to Sign for Paving. At the church meeting of the Con gregational church last evening, the trustees were authorized by a prac tically unanimous vote to sign any paving petition that may be presented where it affects the church property meaning that the church is willing to pave either North Ninth street or Norfolk avenue, or both.

The meeting of the Men's Brotherhood after the church meeting was addressed by Prof. Hunter on the subform of contract which will be sub- ject of "Boys," which was one of the the house made a strenuous effort to mitted to the chief directors of the most practical, common sense talks opera in Europe. This contract will of the kind ever given in the city. It contain the clause: "Any singer, male was really a lecture, treating his sub- killed. ject f.om a high plane, under the

longer appear at any of the leading | D. Rees gave a report of the recent The first airman's map has appeared brotherhoods at Lincoln, to which he which sustained a motion under Rob-

in Paris. It was designed by the was a delegate, showing the growth erts' rules of order to shut him off Beau of Columbus are guests of Mrs. and progress of the men's movement because a speaker in debate should be all over the country.

ime and refreshments served under the supervision of Burt Mapes.

Though Blind, He is Active. There's a man in Norfolk who hough totally blind, is a wonder when comes to working. He is Fred Schiller, brother of George Schiller, proprietor of the Oxnard hotel, and likewise a brother of "Bob" Schiller, the manager.

If you should drop into the Oxnard ou'd likely find Fred escorting guests o various rooms or giving a concert o his friends in the parlor of the hotel, on piano or violin.

Mr. Schiller is also a telegrapher and amuses himself during idle hours by talking to himself on the keys of the cash register. A News man who is also a telegrapher entered the hotel a few days ago after Fred had just returned from a visit with his parents at Ida Grove, Ia.

Sends Messages On a Safe. Slight of figure but quite good look ing, Fred was standing behind the cash register. Dots and dashes were flowing from the money safe as plainly as those from a real telegraph sounder and the man who cannot see made a splendid word picture to the News man who stood in the lobby and

'took in" the message. Dots and dashes from the pencil of the News man rapping a reply on the glass showcase interrupted the sender. "Hello there, you News man; why didn't you say something?" came the message in answer to the raps, and then Fred was all business and soon came in and kept him busy asking for dian. rooms and meals.

One traveling man whose room was cold returned and complained about public the radiator and said he couldn't see what was wrong with it.

"Oh, let it alone," said Fred. "I'll be up in a minute and fix it for you. you're in No. 24; (turning to another guest) Let me have your grip, I'll show you the way."

Does It for Fun. Such is the strenuous life of Fred Schiller, who really does it "for fun." Fred doesn't have to work. He has a snug little fortune in his own name, but will not be "babied" by his brothers George, Robert and Jack, who are around the hotel a major part of the

time. "I know it doesn't look well, but Fred just will do this work and that's all there is to it, and what Fred wants goes," said his brother Jack.

When Halley's comet was first seen Fred was one of the first on the roof of the Oxnard hotel with those watching the sky wanderer. When its mysteries were explained Fred always had

Mr. Schiller was born in Elgin, Ill., forty years ago. He graduated from the Vinton, Ia., state institute and also from the Chicago Conservatory of Music after a five years' course, with high honors. Later he studied with est violinists in the country. He has an instrument valued at \$400 and has played at many concerts. On the piano he is also an expert with all grades of high class music, some of which is his own composition.

How Fred mastered the art of telegraphy was explained by himself to the News man recently. His brother Jack and Harry Long, when boys at Ida Grove, put up a telegraph line. Jack proved a failure, but Long became a station agent, while Fred, who s a good listener, became an expert sender and was not slow at receiving. Long became a station agent but later was appointed to a good position in a

bank at Hubert. Ia. Fred Schiller is very retiring and a are answered by flashes of wit that keep his end up without trouble. To Fred the News man inserts an apology for this publicity, but great credit is

Corn Growing Tests Planned. Under the direction of the Norfolk

Commercial club, five girls and twenty-two boys of this city have formed a corn growing club and will compete in next fall's corn growing contests, county fairs and corn shows. The competition will be for the best acre: the best ten ears, and the best ear of corn. G. L. Carlson has offered each mem ber of the club ten ears of the best corn in the county for seed, while the Commercial club will see that those who have no place to plant corn on this pencil sharpening, and some days their home lot will have a place for

planting. While there are many expert corn growers in this vicinity, the Commercial club believes the corn crop here can be improved and with practical lessons to be had from this test more and better corn will be grown around Norfolk in the future.

Among the members of the club are: Hazel Fentress, Bertha Sewell Esther Taft, Easter Currier, Jessie Hepperly, George Odiorne, Harold Anderson. McKinley Cronk, Gerald South, Dewitt Dunhaver, Robert Lemley, Carl Randkley, Ferdinand Miller Chris Uecker, Fred Mass, Anning Smith, Walter Landers. Bryan Weekes, Ira Hepperly, David Diefen derfer, Clarence McWhorter, Walde Rice, Guy Farriens, Raymond Beymer, Vern Veile, Elmer Beeler, Ward Blakeman.

Anti-treat Bill is Beaten.

Lincoln, March 11. - Evans' anti treat bill was defeated by a vote of 33 for to 52 against.

By running a long filibuster, the first one of the session, the drys in save H. R. 298, Evans' drastic antitreat bill, but they lost. The bill was

Evans talked for two hours straight in an effort to wear out enough of the wets to get an adjournment and would Creighton were in the city visiting Matrau & Wille say they will remain meeting of the state association of have been going yet but for the chair,

allotted no more than ten minutes. The evening closed with a social Evans appealed from the decision of the chair and was beaten by 52 to 37 Evans quit talking at 2:15. Immediately the drys commenced to run a series of motions to postpone and adjourn. At 3 o'clock they exhausted

> The wets, seeing themselves certain y in majority on account of the abence of five dry members, stuck it out nd beat the bill

Drastic Provisions.

The anti-treat bill was drastic in Its provisions. It put the blame for treating on the saloonkeeper and made it punishable by a fine of \$100, revoking the saloonkeeper's license and closing the property for use for saloon purposes for two years.

When the house reached this measure for third reading yesterday Evans at once made a motion to have it go over to Tuesday, but was beaten by a vote of 42 to 36. The only hope of saving it then seemed to be to run a filibuster that would wear the wets out. Five dry members had gone home and it would be impossible to reach them. The wets meantime mustered their entire strength.

Shumaker of Douglas moved that the bill be placed on passage immediately and then Evans gained the floor.

Ban On Revolvers. The house during the morning ses ion passed Shumaker's H. R. 109, making it a felony to carry concealed

weapons. It passed also S. F. 307, authorizing county boards to appoint county udges in cases of vacancies.

The senate passed Lee's bill, mak ing it a crime punishable by a year's forgot about the telegraph as guests imprisonment to sell liquor to an In-

The senate also passed H. R. 215 prohibiting hypnotic exhibitions in

House Passes Many Bills, The house spent the forenoon ses

sion in third reading of bills. It passed H. R. 75, known as the anti-bridge bidders' combine bill deof Nebraska bridgemen, who have apportloned the bridge work in the state among them at practically their own prices by an understanding that certain ones shall bid only in certain counties. A stiff penalty is fixed for any bridge builder who can be shown to have kept out of the competition

with any consideration in view. The house passed also Quackenbush's railroad bridge bill, H. R. 269, providing that railroads shall obstruct no more than one-fifth of a waterway in building a structure to cross it. Should the bill become a law, it would mean that many railroad bridges in July 1, 1912, which is the date set for the new order to become effective. The house also passed the follow-

H, R. 281, providing for three commissioners to codify the statutes of Nebraska; carrying an appropriation

of \$20,000. H. R. 369, providing that polls at than 9 p. m., in order that all the farmers shall have a chance to vote.

H. R. 168, extending the term of county assessors one year, and provid- planned to beat their way via freight ing that real estate assessments shall trains. be made on the fourth year of the

term. Other bills passed were H. R. 309 by Nein, which gives the governor authority to fill a vacancy in the legislature the same political party as the deto 37. H. R. 273, by Kotouc, the bill family of this city attended the funeral which requires Nebraska insurance services. companies maintaining a reserve fund to deposit the reserve collateral and for E. S. Monroe at the fire station securities with the auditor had a sim- next week, is busy building new lockgentleman in every respect. The "jol- ilar experience, it requiring a call of ers for the firemen's uniforms and lies" handed him by the traveling men the house to pass the bill by a vote of books in the city hall. These lockers

The Next Issue.

The next "issue" rapidly coming to the attention of Chairman E. E. Colethe front in the session is the matter man of the fire and police committee. of apportionment of the state into legislative, judicial and congressional districts. A number of bills dealing with this matter are before the legislature and the democrats have held recently along Norfolk avenue," says one busiseveral caucuses on the subject, all ness man, "I do object to their standwithout definite result. The senate ing directly in front of my store and bill by Placek of Saunders, while ap- handicapping farmers from coming in. parently satisfactory to nobody, has been taken as a working basis and many loyal democrats are figuring into the middle of the street to get out of the late hours of the night with a view the wagons into my store because of to amend the bill so as to give the "home folks" the best of it. Nothing hours at a time." definite has as yet grown out of all of further incubation of the apportionment eggs will be necessary before hatch is sufficiently in sight to permit who resigned this position, was suca well founded guess as to whether ceeded by George Wheeler, a permathe chicks are to be "wet" or "dry," whether the line of contest will be for partisan advantage or along the di- The contract for driving the fire vision of liquor traffic regulation.

SATURDAY SIFTINGS.

J. R. Ransom returned from a business trip to Omaha. A. E. Ward was in the city from Madison between trains. Miss Laura Heitzman returned from

visit with friends at Pierce. H. A. Pasewalk and L. P. Pasewalk eturned from a business trip to Lin-

County Attorney James Nichols of Madison was in the city. Ralph Hix of Sloux City was in th ity transacting business.

C. L. Anderson returned from business trip to Valentine. A. Andrews, a prominent Orchard real estate man, was in the city. Rev. and Mrs. Zeremba of Stanton

were in the city calling on friends. Mrs. L. T. Ralston and her son Ned have gone to Blair for a week's visit. to this location. When Bingenheimer Phillip O. Hill returned from Hadar, where he spent a week's vacation with stadt lumber yards they did not purrelatives.

Mrs. Charles Bush and daughter of with friends.

Roy Carter.

Miss Ruth Snyder returned from Warnerville, where she spent a day's risit with friends.

Jack Bruce and A. Talasek of Verdtare were in the city. Traveling Auditor Slocum of the

Northwestern road was in the city enoute to Sioux City. Mrs. Leo Hight of Interior, S. D., is

a the city visitng with her sister, Mrs. M. R. Green, and other relatives. Mrs. F. G. Coryell returned from Lincoln, where she spent a week with

university. Born, to Mr. and Mrs. Arthur R. Bimson, a daughter.

her daughters, who are attending the

C. A. Gray and Pat Crotty went nusting yesterday and got twenty-sevn large ducks.

William Raasch is suffering from a badly injured thumb as the result of triking it with a hammer. Harold Davey has gone to Fremont,

where he has accepted a position as nusician in the Bijou theater. A horse valued at \$200, belonging to Emil Wachter of 207 North Seventh street, died from hing fever last night, Recause of the Illness of Organizer

. A. Pray of the Owls at Hooper,

there was no meeting of the local or-

ganization this week. A meeting is scheduled for next Thursday. Little Tom Harter, son of Mr. and Mrs. Ed Harter, underwent an operation Friday and is reported as doing

very well. Frank Brubaker, an Omaha travelng salesman, passed through the city Saturday in an automobile in which he

s making his territory. The board of charities petitions are becoming popular with the public and many signers are attaching their ames for membership. The petitions can be found in every bank of the city, or those desiring to become members can do so by calling on Secretary Ed

Harter. Rev. Edwin Booth, jr., has returned from Crete, where he went to attend meeting of the board of trustees of Doane college, of which he is a memsigned to knock out the trust system ber. He reports the college in good shape and just closing up a campaign whereby it will add \$100,000 to its permanent endowment fund.

With the discussion among several firemen that an open air theater would be a paying proposition in Norfolk, comes the announcement from one party that he is arranging the purchase of a large tent and oper air theatrical equipment in Omaha and will open in Norfolk during the sum-"Gosh, I didn't know Norfolk was a

dry town," exclaimed a stranger coming out of the "dry saloon" on Norfolk avenue early Saturday morning, to Nebraska would have to be rebuilt by Judge C. F. Eiseley, who was passing the place enroute to his office in the city hall. "I guess the stranger went into the wrong kind of a saloon," said

Judge Eiseley later. After planning for several weeks on 'bumming" to Omaha, two Norfolk boys, one a former porter at the Paific hotel, accepted the hospitality of Ralph Sternberg of Omaha and accom-Hans Albert, who is now one of the general election shall close not earlier panied him to Omaha in his automoed their positions in this city a few days ago and, having but little money.

Funeral services over the remains of Thomas W. Shillington, the old time Omaha mail carrier, took place at the Masonic temple at Omaha Friday afternoon. The remains were brought by appointment within five days from to Stanton, where services were held Saturday afternoon. Interment took ceased or removed members. It took place at Stanton, Mrs. Joseph Pilant a call of the house to pass the bill, 56 and Mr. and Mrs. W. A. Kingsley and

> Emmet Truelock, who substitutes have been badly needed for some time and after the matter was brought to orders were given to Mr. Truelock to

> build them. "While I haven't much of a kick against the dray wagons standing Saturday is an exceptionally busy day and farmers are compelled to stay in some dray wagon standing there for

> E. S. Monroe has received official notification from Washington which makes him the permanent rural route carrier on route No. 5. Warren Rouse, nent substitute, who in turn will be relieved next week by Mr. Monroe. wagon which Mr. Monroe signed does not expire until June 1, and under its provisions he must keep a team and man at the station all the time. Mr. Monroe says he can handle the night trick at the station to good satisfaction. For the present he will leave the regular horses there and Emmet Truelock in charge of the station.

The Bingenheimer & Evans Lumber company are beginning the work of moving as many buildings as possible from the present location on Seventh street and Norfolk avenue to Sixth street and Norfolk avenue, where on April 1 they will take possession of the Matrau & Wille coal office, which they purchased some time ago. Workmen are already making preliminary preparations to build new sheds along South Sixth street, south of the Matrau & Wille coal office. The large wagon barn is to be torn down and the old office building will be moved & Evans purchased the L. C. Mittelchase the land with the building, which now necessitates this moving. in the coal business, but have not yet Miss Hulda Plath and Miss Martha announced where they will move to.