

Why Connie Mack is Successful.

What is the secret of Connie Mack's success? That question is asked almost every day by the baseball fans. Indeed, many baseball men seem to consider there is something uncanny about the man who has won three American league pennants and a world's championship with the Athletics.



CONNIE MACK, MANAGER OF THE ATHLETICS

that has been Mack's big asset. During his career as a manager there has seldom been a time when he was not prepared for any emergency. Mack has the great faculty of knowing when one of his stars is about to fade and knowing when one of his youngsters is ready to jump in and fill the veteran's shoes.

PITCHER STEELE USES THE LONGEST BAT.

Pitcher Elmer Steele of the Pittsburghs uses the longest bat on record. It is fully a foot longer than the one with which Honus Wagner does such execution. One afternoon at the training camp in Hot Springs, Ark., Elmer was greeted with a laugh when he approached the plate, telegraph pole in hand. "I hope," he remarked, "that all the pitchers in the league take me for a monkey this season. I'll show them what's what."

Gregory Wins Game.

Gregory high school defeated Dallas high school at baseball, 28 to 5. Gregory and Horrick will play Saturday afternoon at Gregory and Bonesteel and Gregory will play next Saturday at

Bonesteel. The Gregory players are: Wolfe, Tienken, Shaffer, Schudel, Spencer, Slaughter, Lister, Letzotte, Horn, Bender and Kostitzky.

Many Veterans to Lose Berths.

Breakers ahead for the major league "vets." Slowly but surely the old timers haled a few seasons ago among the truly groats are slipping, and popular demand for new faces, coupled with the degeneration of those same old idols, is working tremendous changes in both circuits. The time honored adage, "It isn't what you were; it's what you are today," is working overtime, and the season of gloom is on in full blast.

There won't be any glaring shake-ups in the Cub troupe, according to Manager Chance. The only veteran to be let out was Clarence Beaumont. The perceptive leader seems content to stand pat and go along with the battle scarred warriors who cling to him through thick and thin and assisted in giving Chicago four National league pennants in five thrilling seasons. If young talent is to be injected into the battle ranks the process will be applied locally to the hurling staff.

Infield to Stand Pat.

To take it from Chance, the infield—one of the greatest ever assembled under one roof—will endure another season, all stams at the faithful Steinfeldt to the contrary, although Zimmerman and youngster Doyle are hot after his job. The outfield will "come back," and it looks like Sheekard, Schulte and Hoffman for the one best bet. King is getting up in years, as is Needham, but Archer is still a sprightly youth, and the P. L. is banking on no changes in the wind and department.

At present sixteen flingers are on the roster of the club, but a number will be let go before the season opens. Of the lot four must be enlisted among the group-ups of the slab department. Reulbach, Brown and Pfister are the prize antiques, all hovering around the thirty-three-year mark, while King Cole, the elongated marvel of 1910, is merely a stripling, beardless child of twenty-two, according to his own solemn oath.

As in the case of the Cubs, every other club in the two major leagues is burdened with venerable artists, and the club owners seem loath to dis-



Photo by American Press Association.

WOMEN AS RADIUM PORTERS. Bank Thinks Them Less Liable to Robbery Than Men. The Radium bank in Paris has greatly increased its female staff since it started. This is due to the rapid increasing use of the marvelous mineral in medical and surgical practice.

Women are employed in preference to men because the porters of radium have hundreds of thousands of dollars worth entrusted to them daily. Their identity is purposely shrouded in mystery to prevent any attempt to rob them while accomplishing their work.

It is believed that women carrying radium are less likely to be "spotted" by would be robbers than men.

RUN OUT OF COAL.

That Was the Story They All Told the Coal Dealer Monday. "Can you send me up a ton of coal before noon?" That's what they asked the coal dealer. They had completely run out of coal and hadn't intended to buy any more this spring. But they changed their minds.

"About twenty ahead of you," the coal dealer told most of them.

Bryan at Des Moines.

Des Moines, May 1.—Iowa democrats gathered here today for a conference and for the Jefferson day banquet this evening. W. J. Bryan arrived early today to make the chief address at the banquet.

No Decision in Trust Cases.

Washington, May 1.—The supreme court of the United States did not announce a decision in either the Standard Oil or the Tobacco suits arising under the Sherman anti-trust law.

Stanton Wins the Ball Game.

The first game of baseball played in Norfolk this season was easily won by the Stanton high school team, by a score of 7 to 3, Saturday afternoon, on the driving park diamond.

The Stanton team came to the city in automobiles, accompanied by good following of rooters. For a time it looked as if the game would be called off because of the threatening weather condition. The clouds were chased away, however, by a heavy northwest wind and although the sun came out bright, the heavy wind made good baseball playing almost impossible.

Chilcoat, Stanton's pitcher, was a favorite with both the wind and the fans. The wind was in favor of the pitcher, but the batters fought hard against the wind without any long hits. Chilcoat's pitching was good and he made good at base running.

Business and Pleasure.

The man who makes his business a pleasure is likely to live a good deal longer and get a good deal further than the man who makes his pleasure a business.—Chicago Record-Herald.

Weigh Mails at Postoffice.

For probable statistical information, the department of posts at Washington has ordered every postoffice in the United States to count and weigh outgoing and incoming mail of all descriptions, including collected and delivered mail. A daily report of all special matter handled during the special count, May 1 to May 31, inclusive, must be made.

the local postoffice is being counted and weighed. The mails are divided in many classes and each class must receive a separate report daily. First class, second class, newspapers and magazines at pound rate; transient, local delivery, free in county, third class, circulars, etc., fourth class, congressional franked, other franked, including departmental, foreign and registered, are the classes in which the report is divided. The total number of pieces of each of these various classes of mail must be counted each day and the aggregate time consumed in handling each class of mail must be stipulated in hours and minutes. The day's report is made out on a specially printed blank from which it is transferred to the monthly report and sent to the department on the end of the special count.

In the west end of the mailing room at the postoffice the rural mail carriers held a conference which ended in somewhat of a discussion. The rural men were hard against the special count and consternation was displayed as to how each class of mail should be weighed. The order calls for pounds. What shall be done with an odd postal card which must be counted and weighed, is one of the questions to be answered.

The city carriers are grouchy and the smile with which they are known to usually greet the patrons has disappeared. The housewives wonder why he seems so worried today. Mr. Mailman explains it like this: "We must count each letter, post card, newspaper, parcel, etc., separately. Each class must be weighed by us and we are allowed to work but forty-eight hours in the week. Our patrons want their mail delivered promptly and the office is choked up with mail awaiting us all the time. One day of it would be all right, but a month is awful."

Clearwater Beats Ewing.

Ewing, Neb., May 1.—Clearwater high school beat Ewing, 11 to 9. Walter Furley dislocated his ankle while sliding to a base. A Clearwater player was struck on the head by a ball pitched by Ray Benson.

Valentine Beats Sparks.

Valentine, Neb., May 1.—Special to The News: Valentine high school baseball team crossed bats with the Sparks team at baseball park here and won an easy victory with a score of 12 to 5 in favor of Valentine.

WANTS EVERYBODY TO STRIKE.

Haywood Would Like to Have General Walkout as a Protest. St. Louis, May 1.—Addressing a meeting of laboring men in union headquarters, William D. Haywood, once tried and acquitted for complicity in the death of former Governor Steunenberg of Idaho, advocated a general strike throughout the United States on the day the McNamara brothers are brought to trial in Los Angeles.

The meeting was under the auspices of the socialist-labor party and approximately 1,000 were in attendance. Haywood explained that the idea of a demonstration such as he has proposed originated with the national offices of the Industrial Workers of the World, with headquarters in Chicago, where, he said, the movement already has gained considerable headway.

Savannah, Ga., May 1.—Savannah socialists in a meeting characterized as an "outrage perpetrated against organized labor," the arrest of John J. McNamara in Indianapolis, and pledged themselves to "do anything in their power" to aid the McNamara brothers.

Resolutions adopted called for the prosecution of those responsible for the "kidnaping" in Indianapolis.

Indianapolis, May 1.—Samuel Gompers, president of the American Federation of labor, arrived and immediately went into executive conference with about forty labor leaders of national and state organizations, whose headquarters are here. After the conference Mr. Gompers said the McNamara case was discussed and that it was decided for the executive council of the American Federation of labor to take charge of a defense fund from the labor organizations of the country.

A meeting of the executive council is to be called soon by Mr. Gompers, who said the session probably would be held here. Further than this Mr. Gompers would not talk regarding the action of the labor leaders.

Boston, May 1.—The full strength of the socialist party of America was offered for the defense of John J. and J. B. McNamara, who are charged with murder in connection with the explosion at the Los Angeles Times building, by the national executive committee of the party now in session here.

A communication was also addressed to the locals of the socialist party condemning the arrest of the men as "suggesting a deliberate plot," claiming the prosecution of the men was "inspired by the National Manufacturers association" and that the whole was "a dastardly conspiracy on the part of the organized capital in this country to crush organized labor by crime and vengeance." The communication calls upon the locals to raise for the defense of the accused and for the carrying on of an aggressive campaign for socialism in California and particularly in Los Angeles.

Railway Shop Men Return.

Sedalia, Mo., May 1.—The seven hundred men employed at the Missouri, Kansas & Texas railway shops here, resumed work today after a close down since April 28, on account of the month's appropriation having been exhausted.

Auto Scares Team, a Farmer Injured.

Chris Marr, a farmer living west of Warmville, has a broken leg as the result of a spectacular runaway which occurred near the Burr Taft farm and the other Stanton players teamed together for good support of their batteries. Koerber made a sensational catch when he ran from the center field near second and took in a fly which counted a double. Although light at batting, Mapes was a whirlwind on third and on two occasions put out the Stanton slanders by a narrow margin. Norfolk played a little loosely at times, but they showed signs of fast playing with better weather conditions. The feature on the side lines was the presence of the

regular Norfolk team, whose members made themselves well heard by both Empire Poucher and the visiting team. Glissman, Schelly and Butler were some of the strongest rooters. The score by innings: R. H. E. Stanton . . . 0 4 0 0 1 0 2 0 —7 8 3 Norfolk . . . 0 2 0 0 0 0 1 0 —3 3 4 Batteries—Chilcoat and Vanhusen, Keleher and Lucas. Umpire Rev. J. F. Poucher, Stanton.

Table with columns: Stanton, Position, Norfolk. Rows include Vanhusen, Keleher, Chilcoat, Koerber, Ray Holstein, Odiorne, Ray Holstein, Mapes, Louck, Koerber, Young, Logan, Glaser, Smith, Fuchs, Denton, Hawkins, Landers.

Neligh 7, Atkinson 4.

Neligh, Neb., May 1.—Special to The News: The return game of baseball with the Atkinson high school team was played on the grounds of the former Saturday afternoon in which Neligh won the game by a score of 7 to 4. Mike Jenkins, Neligh's star high school twirler, is credited with sixteen strikeouts in this game.

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thrown down a forty-foot embankment near the South Thirteenth street bridge. His leg was broken. One of the horses received some injuries and the buggy was demolished.

In the automobile were Mr. and Mrs. Best and a lady relative, who jumped from the car in the excitement and sustained a sprained wrist. Marr was put into the machine and taken to Battle Creek for medical treatment. The broken buggy and the animals were taken to the farm of County Commissioner Burr Taft, who was called on for assistance.

SONGS BY WIRELESS.

Experiment in Telephoning Made by Harvard Students. Members of the Harvard Wireless club are winning success in their experiments with wireless telephoning.

Conversation, songs and instrumental music on the graphophone have been flashed from the Harvard college station in Jefferson hall to the stations of the members, where it was said to be reproduced with absolute clearness. By using electric current of high frequency alternation in connection with wireless telephony distances up to forty miles have been negotiated successfully.

As for long distance telegraph records, the members of the society feel that they have no reason to complain. R. B. Wolverton, the manager of the club, has picked up messages from Milwaukee, Chicago and Tampa, Fla. Occasionally he is able to hear messages from Key West.

May Day Blizzard.

A blizzard of serious proportions ushered in May day in northwestern Nebraska, northeastern Wyoming and the Black Hills region of South Dakota. The tail end of the storm whipped down across the Rosebud country and northern Nebraska. Freezing weather followed the storm, which raged for twenty-four hours. The temperature in Norfolk Monday morning was 27 above zero. West of Valentine the snow ranged from six to sixteen inches deep and all telegraph wires are down, between 400 and 500 telegraph poles having gone down between Valentine and Hay Springs. West of Chadron a terrific blizzard is reported. The snow drifted and train service was interfered with. Snowplows had to be sent into the storm region and operating was rendered more difficult because of the lack of train dispatching wires.

At Royal, Neb., on the Burlington line near O'Neill, a waterspout occurred Saturday afternoon. At Osmond two inches of rain fell in a short time. At Winnetoon a very heavy rain is reported. Prairies were flooded and some live stock drowned.

In Norfolk the rainfall amounted to 70 of an inch. There was just a trace of snow.

Train Stalled at Gregory.

West of Gregory the storm attained serious proportions, much the same as at Valentine. Train No. 401, which left Norfolk Sunday afternoon for Colome, on the first through trip to that point, the run just having been extended beyond Gregory and tied up there over night Sunday. Again Monday morning this train was stuck in the snow west of Gregory, but soon got out and went on to Colome.

Will Fruit Be Killed?

Fruit men in Norfolk are gloomy over the freeze, fearing that the severe freeze has killed fruit prospects for this summer. They are not certain, however, that this will result.

Gardens were laid low. The Norfolk river here has risen sixteen inches.

Cold Even in Oklahoma Today.

Kansas City, Mo., May 1.—Missouri, Kansas and parts of northern Oklahoma are shivering today from the sudden drop in temperature, which in some places was as great as 50 degrees. Wind from the northwest which started early yesterday had passed eastward today, but it left a frozen trail.

The weather bureau here predicts that by Tuesday morning it will be freezing throughout most of Kansas and Nebraska. In Missouri frost is predicted with freezing in the vicinity of Kansas City. A report from North Platte, Neb., said the mercury this morning had dropped to 24 degrees above zero.

Valentine, Neb., May 1.—Special to The News: The rainfall in the storm here amounted to 1.12 inches.

Snow 12 to 16 Inches Deep.

Gordon, Neb., May 1.—Special to The News: The heaviest snow of the winter and in fact for several years, fell here Saturday night. It began raining at 6 o'clock but before 8 had turned into a wet snow and fell continually until about 10 o'clock yesterday, turning a trifle colder, enough so that it froze on everything that it fell upon. At no time, however, has it been colder than 20 degrees, and very little wind has accompanied this storm.

The telephone system is flat upon the ground in the streets here, going down in the night from the great weight of snow and ice that clung to the wires and poles. Small trees are bent to the ground but will come out all right. The telegraph wires are all down in both directions from here, so that only scheduled trains will be able to run for a few days.

As yet there have been no reports of loss of stock and it is not anticipated that there will be much, as stock is generally stout here, having wintered in the shape.

The snow stands from twelve to sixteen inches deep on the level, but is already going down quite fast, and will probably not last more than two days, as the ground is quite warm underneath.

On the whole the benefits derived from the moisture which was quite badly needed by the farmers, will far exceed the damage done to the telephone and telegraph lines.

Home Course In Health Culture

XVII. — Stimulants and Drugs in the Home

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

AS far back as the memory of man runneth not to the contrary alcoholic drinks have been termed "stimulants," and yet alcohol is not a stimulant, but a depressant.

Exact laboratory experiments have determined that alcohol acts as an anesthetic upon the higher brain cells that reside over the more complex mental processes. In other words, the man who "wakes up" under the influence of alcohol is really going to sleep, so far as the more useful part of the brain is concerned, and thus the lower and simpler mental processes come more into evidence. Analyze the conversation at some convivial banquet and note how trivial and insane it appears in the clear light of day—puerile when compared with some splendid intellectual debate or discussion bringing into play the higher faculties. But these higher faculties are sometimes overworked and unduly active, denying proper exercise to the simple brain



ALCOHOL IS NOT A FOOD, BUT A POISON; NOT A STIMULANT, BUT AN ANAESTHETIC. IT IMPAIRS MENTAL AND MUSCULAR EFFICIENCY; IT SHORTENS LIFE.

elements that control the emotions, the play instinct, the tendency to mix with one's kind in relaxing good fellowship. Something might be said for alcohol as an agent for suppressing that part of the brain which is overworked in the daily struggle for existence and thereby affording opportunity for the nervous balance to be restored by exercise of the simpler faculties.

That some influence is necessary to preserve proper nervous and mental poise is evidenced by the example of philosophers and scientists who have become mentally "lopsided," as it were, by overuse of one portion of the brain or disuse of the other portion. Darwin's loss of the aesthetic faculties and the power of appreciation of music and poetry is a familiar instance. His weird taste in literature, which enabled him to enjoy the lightest and trashiest novels, was merely the call of his simpler brain elements, neglected and suppressed by the constant exercise of the higher reasoning powers. But is it necessary to employ a poisonous drug for such purpose? It would appear not.

Is Alcohol a Food?

Atwater showed that alcohol in small quantities was utilized by the body as a food. It has long been known that alcohol is burned in the body with the production of energy, but poisonous mushrooms also furnish nourishment. Likewise, as Atwater states, human flesh is digestible and nourishing, but that is no reason for using it as a food.

Experience of Life Insurance.

Life insurance companies are quite particular to exclude not only heavy drinkers, but those whose habits show a trend in this direction. They are taking no chances with alcohol, and they do not want to insure people who "feed" on it. This is a business matter with a life insurance company, and the moral phase is not considered, which means that its action is based upon the facts developed by experience.

The most comprehensive experience that has been published is that of the United Kingdom Temperance and General Provident Institution. In that company the total abstainers were separated from the temperate drinkers in the mortality experience, with the result that a difference of 32 per cent was shown in favor of the abstainers.

Alcohol is no longer used in medicine as a direct heart stimulant. It is of some value as a rapidly available temporary food in the crises of severe illness, fever, etc., when it supplies energy to carry on the body work, but even here it must be used with caution because of its toxic effect on the heart muscle and the fact that it lowers the resistance of the body to the poisons of disease.

Excluding the moral phase of this question, therefore, medical judgment, considering solely the scientific evidence available, must pronounce against the daily use of alcohol.

Whether the occasional use of alcohol as a relaxing beverage or anesthetic for overactive brain centers is permissible each man must decide for himself. It is right, however, that the grave risks of even occasional indulgence should be known and remembered. Certainly no man of feeble will power or neurotic family history can afford to take the chances.

Narcotics.

Opium, cocaine, chloral, bromides, all are employed either to relieve bodily pain or stifle the overstrained and

worrying brain. But, as in the case of alcohol, the relief brought by these drugs is usually paid for at a high rate of interest. In fact, the troubles which are temporarily forced into the background by such indulgence seem to grow in direct proportion to the degree of indulgence and simply await the reckoning day, when the long evaded life burden must be taken up with its added weight or life's journey forever terminated.

These remarks do not apply, of course, to the intelligent and proper administration of such remedies by a physician. It is part of a physician's duty to relieve pain, both mental and physical, but it too often happens that a narcotic is carelessly given taken without medical advice, and the foundation of a lifelong habit is laid.

Headache Remedies.

A great deal of harm is done by the self administration of headache remedies, mostly of the coal tar class. These remedies have their place, but should be used under a physician's guidance. Many headaches can be relieved by simple remedies. Rubbing the forehead with a little bay rum or rubbing with a menthol pencil, simple rest or a dose of salts will often prove sufficient. The constant use of headache remedies is more than likely to prove irritating to the kidneys, aside from the depressing action on the heart. Aromatic ammonia, strychnine or some other heart stimulant should always be within the reach of those who are so ill advised as to use headache powders more or less regularly.

The causes of headaches are so numerous as to cure almost any range of diseased conditions. So called "biliousness" is one of the common causes. This is nothing other than poisoning from the retained products of indigestion. Bile may have little or nothing to do with it, but calomel or some other brisk evacuant will clear the system of the poison and relieve the symptoms.

Eye strain is also a very frequent cause of headache. The folly of swallowing drugs to relieve such trouble is evident. It is comparable to knocking a man insensible in order to relieve his pain. Properly fitted glasses will usually relieve eye strain. But in some cases eye strain is due to overuse or improper use of the eyes. Such cases are readily relieved by rest and attention to proper illumination or position while reading.

Abuse of Cathartics.

As a rule, cathartics should only be used as emergency remedies in acute conditions, such as colds, biliousness, indigestion, etc. A tendency to constive-ness can usually be overcome by natural remedies. Drugging the bowels is very much like drugging the nervous system—the drug becomes master, but the time comes when the slave will not obey the master, and a condition of semi-paralysis of the bowel function exists.

In treating constipation it should be remembered that the intestine is a long muscular tube. This muscle is what is known as an "involuntary" muscle, not under the control of the will, but acting reflexly. Certain centers in the spinal cord preside over the bowel function and respond to certain stimuli. One of these stimuli is the presence of a certain volume of waste matter in the bowel. Another is the tendency to rhythmic action of the spinal centers. In other words, spinal centers form habits, just the same as brain centers, and it accustomed to act at a particular time each day will continue to do so if permitted.

The value of a fairly general mixed diet is evident when the structure and function of the bowel are considered. Concentrated, predigested food would soon abolish the bowel function. Some people eat too little waste matter. Their food is mostly meat and potatoes. A generous allowance of fruits and green vegetables, especially spinach, and the free use of water between meals will act like magic in such cases. The use of drugs is irrational and positively harmful.

Tea, Coffee and Tobacco.

The use of tea, coffee and tobacco in moderation cannot be regarded as harmful, but even the term "moderation" is here used in a positive sense. No doubt much dyspepsia and nervous derangement are due to the abuse of these fragrant and cheering substances. What constitutes abuse can only be determined by experiment in each individual case. For the average man one cup of coffee at breakfast and a demitasse in the evening should be sufficient. Two cups of coffee or tea contain a pretty generous dose of the drug caffeine and amount to drugging the nervous system.

Tobacco should also be used according to personal susceptibility. A cigar after each meal will not, as a rule, injure the average man, although some are better off without tobacco or with an allowance of one cigar after dinner. Constant smoking or chewing is positively injurious, no matter how robust or conceded the man may be who indulges in it.

Summary.

Alcohol is not a food, but a poison; not a stimulant, but an anaesthetic. It impairs mental and muscular efficiency. It shortens life, even if used in so called moderation.

Narcotics mask pain and trouble, but do not remove the cause. They destroy the will power more effectively than alcohol, but do not cause the same tissue degeneration.

Alcohol and narcotics should not be used in the home, except on a physician's orders.

A Friendly Tip.

"My husband always is the severest critic of the gowns I wear."
"Well, judging from what I have heard, he has to go some if he is."
—Chicago Record-Herald.

Try a News want ad.