

WHAT TUBERCULOSIS COSTS

Immense Monetary Loss Caused the Country
by Its Ravages—How to Retain
Health and Bodily Vigor

Cost of Tuberculosis.

Dr. Harmon Higgs of New York (American Medicine), after a careful estimation, places the annual expense of tuberculosis to the people of the United States at \$330,000,000. He first calculates the loss to New York city by putting a value of \$1,500 upon each life at the average at which deaths from tuberculosis occur. This gives a total value of the lives lost annually of \$1,500,000.00.

But this is not all. For at least nine months prior to death these patients cannot work, and the loss of service at one dollar a day, together with food, nursing, medicines, attendance, etc., at one and one-half dollars a day, results in a further loss of \$8,909,000.00, making a yearly loss to the municipality of \$23,000,000.00. For the whole country the 150,000 deaths from tuberculosis represent in the same way a loss of \$330,000,000.00.

Dr. Higgs also states that the total expenditure in the city of New York for the care of tuberculous patients is not at present over \$500,000.00 a year; that is, it does not exceed two per cent of the actual loss by death, etc. "If this annual expenditure were doubled or trebled it would mean a saving of several thousand lives annually, to say nothing of the enormous saving in suffering." Further evidence of this is afforded by the fact that in the last twenty years the total number of deaths from tuberculosis in New York has decreased instead of increasing, although there has been an increase of 70 per cent in the general population.

Oil Rubbing.

Clothing exposes us to great dangers. We wear too many clothes. We dress too warmly, so the skin becomes relaxed, and loses the power to take care of itself, and this is the reason oil rubbing is necessary. The simple removal of a thin layer of oil by a hot bath may be sufficient to cause a man to take cold, so this must be replaced by a special oiling, or some other treatment, in cold weather.

People who are very susceptible to cold, should be rubbed with oil after each bath. Oil rubbing is especially needed in cases in which the skin is dry, through deficient activity of the oil glands of the skin. Great care, however, should be taken to avoid too vigorous rubbing in the application of the oil, as sweating is very easily produced, to the disadvantage of the patient. In the treatment of infants and children, a marked and most favorable effect upon nutrition is produced by oil rubbing. Application of oil after cold baths encourages reaction. In most cases of chronic dyspepsia when accompanied by emaciation, in diabetes, and in most cases in which malnutrition with dryness of the skin is a prominent feature, oil rubbing is a valuable curative agency.

Horrors of the Cocaine Habit.

The following illustration of bad advice in the lecture room is probably not an exceptional case. A professor of materia medica lecturing on cocaine called it one of the greatest of all stimulants and perfectly harmless. He cited his own experience of its good effects, and advised the class to test it personally in debility and exhaustion. Of a class of thirty-two who listened to this advice, five became cocaine takers within two years. Ten years later thirteen of this class were drug and spirit takers. In all probability, the use of cocaine was the starting point of their addictions. Four died from the direct use of this drug. Evidently more than half the class had followed the advice of the teacher and were wrecked. A few years after, the professor became an invalid and retired from the profession, a victim of his own counsel and confidence in cocaine.

When anything is growing, one formatory is worth more than a thousand reformatories.—Horace Mann.

Tuberculosis Rightly Classified.

The Health department of the city of Philadelphia has decided that in future tuberculosis shall be classed with other diseases that are dangerous to the public health, such as smallpox, diphtheria, scarlet fever, and other contagious maladies. The law in Pennsylvania and most other States of the Union requires that every case of contagious disease shall be reported to the Health department. Hereafter all cases of tuberculosis must be so reported by the attending physician. The purpose of this law is to enable the Health department to take necessary steps to prevent the extension of this disease by disinfection of the apartments which have been occupied by the patient, and by instruction of the patient and the patient's friends how infection from the disease may be avoided.

This law is a good one, and ought to be enforced in every civilized community.

Body and mind are both gifts, and for the proper use of them our Maker will hold us responsible.

Simple Living and Longevity of the Brazilians.

According to a writer in a contemporary magazine, "The Brazilians, when first discovered, lived the natural, original life lived by all mankind, as frequently described in ancient histories,

before laws, or property, or arts made entrance among men. The Brazilians lived without business or labor, further than for their necessary food, by gathering fruits, herbs and plants; they knew no drink but water; were not tempted to drink or eat beyond common thirst or appetite; were not troubled with either public or domestic cares, and knew no pleasures but those simple and natural in character.

"Many of these were said, at the time the country was discovered by the Europeans, to have lived as long as two hundred years."

This was without doubt an exaggeration, but that they were very long lived is evidenced by the fact that within the last quarter of a century there was an old woman living in Rio Janeiro at the remarkable age of one hundred and forty-one years.

Beauty of form and face are the natural results of right living, and to try to get them in idleness by the aid of massage, drugs, or physical culture, is to undermine the foundation for all charm. Nature intended that we should be of use, whether we are genius or common clay, and nature rules. We can't cheat her.

The Quiet Way Best.

What's the use of worrying,
Of hurrying,
And scurrying,
Everybody hurrying
And breaking up his rest,
When everything is teaching us,
Preaching, and beseeching us,
To settle down and end the fuss,
For quiet ways are best?

The rain that trickles down in showers—
A blessing to the thirsty flowers—
And gentle zephyrs gather up
Sweet fragrance from each blooming cup,
There's ruin in the tempest's path,
There's ruin in a voice of wrath,
And they alone are blest
Who early learn to dominate
Themselves, their violence abate,
And prove by their serene estate
That quiet ways are best.

Exercise gradually increases the physical powers, and gives more strength to resist sickness.

Frequency of Tuberculosis.

From the Massachusetts Medical Journal we abstract the following: At the second annual American Congress on Tuberculosis held in New York in 1902, Dr. Pryor stated that 14,000 persons die annually in the State of New York of this disease. One-sixth of all the deaths in the world are due to this one disease. Statistics show that in France 150,000 die every year of this disease; in Germany, 170,000; in the United States, 160,000; in Paris, 11,000; in London, 13,000; New York City, 9,000.

Of deaths between the ages of fifteen and forty, tuberculosis claims one-third; between fifteen and thirty-five, one-half. The mortality from tuberculosis alone exceeds that of war, plague, cholera, famine, yellow fever and smallpox.

Plato called a man lame because he exercised the mind while the body was allowed to suffer.

HEALTHFUL DISHES.

Fruit Nectar.—Take Concord grapes or any kind of berries and put into a steppan with a small amount of water; boil ten minutes, stirring occasionally. Strain first through a sieve and then through a cheese cloth. Add one-third sugar to two-thirds juice and boil briskly for fifteen minutes. Put in bottles and seal. When used add either hot or cold water, to suit the taste.

Macaroni au Gratin.—Break enough macaroni into inch lengths to fill a cup and cook in one and one-half pints of boiling water in a double boiler until tender. When done, drain and separate by dashing over it a little cold water. Mix with the macaroni one cupful of cottage cheese, one tablespoonful of cracker crumbs, rolled fine, one-fourth cup of cream and one-half teaspoonful of salt. Put in an oiled greaseware dish and bake until brown.

Grape Fruit.—Chill the fruit; then cut it crosswise, providing a half for each person. Loosen the sections from the skin and remove the center white membrant. Fill the cavities with sugar, and serve with a couple of white cherries on top of each half.

Vegetable Bouillon.—To one and one-half pints of bran (pressed down), add two and one-half quarts of boiling water. Allow this to simmer for two hours or more; strain, add one pint of strained tomato, one stalk of chopped celery, one large onion and one-half teaspoonful of powdered mint in a muslin bag. Let this simmer together for from half an hour to an hour. Add water to make two and one-half quarts of soup. Strain, add one teaspoonful of salt, or more if desired, and reheat for serving.

On each bread-and-butter plate put a pat of cocoanut butter, two nut cheese straws, and a couple of bread or cream sticks tied together with yellow and white ribbon.

Golden Salad.—Prepare eggs by hard boiling them. Cut, when done, into two parts; remove the yolks without breaking the whites, mash them and mix with enough mayonnaise or boiled salad dressing to bind them. Fill the egg-white shells with the prepared yolks, and stick the two half whites together, thus forming whole eggs. Cut one end flat, and stand an egg on a lettuce leaf on each salad plate. Around each egg put a circle of mayonnaise.

LEGISLATURE of NEBRASKA

A Synopsis of Proceedings of the Twenty-Ninth General Session.

SENATE.—After a very strenuous though humorous fight, the senate, on the 20th, in the committee of the whole, voted to recommend for passage H. R. 75, by Foster of Douglas, compelling dealers to paint gasoline cans red. S. F. 88, allowing school districts to retire their bonds at the end of five years, was passed. The senate resolved into a committee of the whole, with Wall of Sherman in the chair, H. R. 60, the Foster dental bill, was recommended for passage. The following new bills were introduced: S. F. 207, by Breese of Sheridan, that patent medicines containing 10 per cent of alcohol shall be deemed an intoxicating drink and dealers shall be required to taken out a liquor license.

HOUSE.—The house went into committee of the whole on the 20th, with Bartoo of Valley in the chair. These bills among others were recommended for passage: H. R. 139, by Jackson of Antelope—Authorizing appeals to the district court on tax levies and giving courts jurisdiction. H. R. 191, by McClay of Lancaster—To consolidate biennial reports of state officers and department. These bills were passed: H. R. 163, by Bacon of Dawson—Providing for sale of penitentiary lands, control and disposition of funds and to create penitentiary lands fund. H. R. 175, by Howe of Nemaha—Making it mandatory instead of optional for county boards to appropriate 3 cents per capita per annum for the benefit of agricultural societies. S. F. 3, by Good of Nemaha—Fixing the date of convening the State Board of Equalization on the third Monday in July, making it after the county boards' equalization instead of before. H. R. 70, by Burns of Lancaster—One of the Lincoln charter bills.

SENATE.—The senate on the 21st in the committee of the whole, indefinitely postponed the blackmail lien law bill, and recommended for passage the South Omaha sewer bill by Gibson. The blackmail lien bill provided that for work on any kind of vehicle or for shoeing a horse or other animal the workman should have a lien on the animal or vehicle should his lien be filed within four months. Cady of Howard introduced the bill by request and spoke for its passage. H. R. 80 and H. R. 82 were passed. The former regulates the practice of dentistry and the latter provides for the construction of a live stock pavilion and fish building at the state fair grounds. H. R. 67 was indefinitely postponed. This bill provides for the printing of the report of the State Board of Irrigation. These bills were introduced and read a first time: S. F. 208, by Meserve, providing for the appointment of three commissioners to revise the insurance laws of the state for which each is to receive \$5 a day, the work to be completed by January 1, 1907. S. F. 209, by Jones of Otoe, providing that where a community gives a bonus of land for an industry the town or village shall have a lien on the property for twenty years. S. F. 75 was passed.

HOUSE.—The house, on the 21st, passed these bills: Transferring \$20,000 from the clothing fund at the Hastings insane asylum to the repair and improvement fund; emergency clause. To enable the State university regents to condemn lands needed for university purposes. The emergency clause failed to pass. Empowering cities of the second class to grant franchises and make contracts with power plants. To prevent printers from publishing more copies of books, pamphlets, etc., than ordered. Emergency. Regulating the amount of bonds which school districts may issue. Authorizing county boards to appropriate \$100 a year for farmers' institutes. To allow surety companies to be surety for a public officer for more than two successive terms. To exact a penal bond of \$5,000 from an applicant for a saloon license before such license is issued. Permitting state and county treasurers to require guaranty bonds from depository banks, whereas now they may only require personal bonds, and it legalizes such guaranty bonds. Requiring a uniform examination under direction of the State Board of Education for all applicants for state teachers' certificates. Appropriating \$19,000 for an agricultural pavilion at the state fair grounds. Requiring school districts to estimate the money needed during the coming year instead of making a levy. Emergency clause. To allow mutual insurance societies to amend their charters after twenty years so as to issue five-year policies. To provide for payment of outstanding road district warrants and to liquidate all indebtedness against road districts. Emergency clause. Providing that any person insured in a mutual company, except in case of notes acquired by this act to be deposited at the time of its organization, may at any time return the policy for cancellation and on paying amount due on his premium note and be discharged from further liability. Emergency clause.

SENATE.—In the committee of the whole, with Giffin in the chair, the following bills were considered on the 22nd: Senate file No. 36, by Shel-

don, to provide for open depots in small towns, recommended for passage. Senate file No. 142, by Breese, providing for a year's residence for divorce applicants, for passage. Senate file No. 148, by Wall, permitting appeals in tax litigation, for passage. Senate file No. 149, by Breese, to amend road tax collection statutes, for passage. House roll No. 131, by Smith, to pay county commissioners \$3 a day, indefinitely postponed. Senate file No. 76, by Breese, dividing the Fourteenth judicial district, for passage. The following new bills were introduced: Senate file No. 214, by Thomas—To provide for notice in tax sale foreclosures. Senate file No. 215, by Thomas—To provide for the payment of tax claims any time before foreclosure and fixing the rate of interest at 15 per cent. House roll No. 3, by Windham, to appoint three supreme court commissioners and form a commission of six, was passed. Senate file No. 111, by Meserve, to make adultery a felony, was read for the third time and passed. This measure is designed to regulate the conduct of the Indians in Northeast Nebraska.

HOUSE.—There was no suspension of business on the 22d, Washington's birthday. Hunker of Cumming offered a resolution commending Kansas for its fight upon the Standard Oil trust, pledging sentimental co-operation and taking a shot at John D. Rockefeller as the magnate of the most treacherous monopoly in existence. The resolution went over. H. R. 210, by Clarke of Douglas, was recommended for passage. It is the bill which imposes a one-year penitentiary sentence or a fine of \$500 for the game of policy. The bill to precipitate an unusual contest was H. R. 230, by Parker of Otoe. It provided for the prohibition of saloons within 400 feet of any schoolhouse. Jackson of Antelope offered an amendment making it apply only to retail places of selling liquor. The amendment was lost and the bill recommended for passage. H. R. 2, by McMullen of Gage, to amend the revenue bill so as to elect instead of appoint district assessors, brought out much discussion. The measure was finally indefinitely postponed. H. R. 87, by Hoare of Platte, prohibiting the granting of liquor licenses to any but the actual parties interested, was recommended for passage. Among bills introduced were the following: Concurrent resolution proposing an amendment to the constitution; for a state railway commission of three to serve three years, whose duty it shall be to enforce laws of the legislature. H. R. 333, by Perry of Furnas—To define the rights of creditors of decedents and to prescribe a manner for applying for an order of descent. To repeal section 11,412 of Cobbe's Statutes that provides for a clerk of the State Printing board. Creating a commission of three to revise the insurance laws of this state. To provide for placing questions relating to amendments of the constitution, constitutional conventions and all other questions and propositions submitted to the vote of the people on a separate ballot, which shall be of pink color, to be deposited in a separate ballot box, also of pink color. H. R. 337, by Pospisil of Saunders, to amend section 13 of an act approved April 4, 1903, entitled "An act to provide a system of public revenue, and repeal articles 1, 11, 111, 114 and 115, and sections 4, 5, 6, 7, 8, 9, 10, 11 and 12 of article VII of chapter 77, Compiled Statutes of Nebraska for the year 1901," and to repeal said section 13 and all acts and parts of acts inconsistent herewith.

SENATE.—In the senate on the 23rd in the committee of the whole with Mockett in the chair some important measures were disposed of. One of these was by Epperson to repeal the law which creates the office of the state architect. Epperson quoted statistics showing that the state would have been at less expense had it employed outside architects instead of having a state architect. The bill was recommended for passage. H. R. 132, appropriating money for the building of a fish pond at South Bend, was recommended for passage, as were these other measures: S. F. 18, fixing penalty for jury bribing. S. F. 15, fixing penalty for one who bribes a juror. S. F. 125, fixing punishment of parent who contributes to child delinquency as defined by the statutes. S. F. 33, permitting all fraternal companies to incorporate, was amended so as to include Scottish Rite Masons. S. F. 149, allows money now held by county treasurer of Douglas county to be paid into school districts, the same having been collected for tuition of high school pupils from outside districts, the law later having been declared void by the supreme court. S. F. 143, to allow the Omaha school board to elect a secretary for a term of three years instead of one year, as at present. Bills introduced were: S. F. 218, by Gibson of Douglas, increases the salary of members of South Omaha police board from \$100 to \$300 a year. S. F. 219, by Gibson of Douglas, to allow the mayor and city council of South Omaha to refund the special paving tax to property owners along Twenty-fourth street between A and Q.

HOUSE.—In the house on the 23rd

H. R. 40, to elect no county assessors in counties of less than 10,000 population was indefinitely postponed. The Hunker resolution pledging Nebraska's sympathy to Kansas in its fight against the Standard Oil trust came up, was amended and passed. Among bills introduced were the following: A bill for an act to compel railroad companies in Nebraska to afford equal facilities without favoritism or discrimination, to all persons and associations erecting or operating grain elevators and handling or shipping grain or other produce, and to compel railroad companies to afford equal facilities as between individuals shipping their own grain and freight, and said persons and associations erecting or operating grain elevators and handling or shipping other produce, and to equally supply cars to individuals and associations and persons engaged in the business of buying and shipping of grain and other freight and to provide equitable distributions of cars between shipping points and between shippers at such points, when the demand for cars is greater than the supply, and to fix penalties. An act to provide for the making of test borings or explorations for the discovery of oil, coal, gas or artesian water, and other minerals in the state of Nebraska, and to appropriate money to aid in such borings or explorations. Appropriates \$25,000. An act making appropriations for the current expenses of the state government for the years ending March 31, 1906, and March 31, 1907, and miscellaneous items. Appropriates \$1,828,000. An act creating and making the county treasurer in any county including within its boundaries a city of the metropolitan class treasurer ex-officio of the school district in said city. An act to allow insurance companies to invest their capital and surplus in stocks of incorporated Nebraska companies. A bill for an act authorizing county clerks and recorders to accept printed books from water users' associations organized under the national reclamation act and to use the same for recording stock subscriptions of such association.

SENATE.—Another bill to facilitate the movements of live stock shippers was slashed and cut by the senate railroad committee on the 24th. Senate file No. 152, by Senator Gould, was dissected and the dismembered skeleton reported for the general file. The original bill required a uniform motion of live stock of twenty miles an hour. This was cut to twelve miles and the chances are that the bill will be indefinitely postponed for the same committee recommended a bill for a speed of seven miles not long ago. Senate file No. 112, by Good, regulating the salaries of the bank examiners, was reported for the general file as originally drawn. Senate file No. 137, by Epperson, regulating the privileges of eminent domain exercised by corporations, was placed on the general file. Senate file No. 87, by Sheldon, regulating the cost in appeal cases, was recommended for the general file. Senate file No. 152, by Gould, regulating the rate of speed of live stock trains was amended by the railroad committee and reported for the general file. In the committee of the whole house roll No. 8, the Omaha water bill, was recommended for passage. House roll No. 117, by Hill, appropriating \$5,000 for irrigation investigation, was recommended for passage. Senate file No. 37, by Beghtol, providing for teaching principles of kindness to animals, was recommended for indefinite postponement by the standing committee. In the committee of the whole senate file No. 181 was recommended for passage. The bill, by Gould of Greeley, provides for a road tax of 25 mills when townships want it.

General Appropriation Bill.
The finance, ways and means committee on the 22d completed the general appropriation bill and Chairman Wilson will introduce it in the house at once. The total appropriation for the biennium is \$1,720,000, as compared with \$1,828,000 for the last session, a decrease of \$108,000. One of the heavy increases this year is the item for the National Guard, \$45,700. The increase of nearly \$20,000 is to meet the demands of the militia, many companies of which had been compelled to depend upon their own resources for such expenses as armory rent. Following are the various items:

Governor's department	\$ 5,100
Board of Public Lands and Buildings	42,000
Board of Educational Lands and Funds	40,000
State Board of Public Lands and Buildings	2,100
State Library Commission	5,000
Secretary of State	2,500
Auditor	7,300
Attorney General	7,000
Treasurer	6,500
State Board of Irrigation	3,000
Commissioner of Labor	2,800
State Superintendent	10,800
State Banking Board	4,200
Supreme Court	3,500
State Library	10,000
State Board of Charities	4,000
State Fish Commission	10,550
State Historical Society	10,000
Food Commissioner	4,400
State Board of Health	45,700
Nebraska National Guard	10,000
University of Nebraska	280,470
State Normal school, Peru	25,500
State Normal school, Kearney	28,700
Institute for the Blind, Nebraska City	29,300
Institute for the Deaf and Dumb, Omaha	48,300
Boys' Industrial school, Kearney	75,600
Orphan Industrial school, Geneva	24,250
Institute for Feeble Minded Youth, Beatrice	56,600
Hospital for the Insane, Lincoln	170,500
Hospital for Incurable Insane, Hastings	381,350
Hospital for the Insane, Norfolk	84,900
Home for the Friendless, Lincoln	10,400
Industrial Home, Milford	11,400
State penitentiary, Lincoln	112,180
Soldiers' and Sailors' Home, Grand Island	142,795
Soldiers' and Sailors' Home, Milford	44,875
Miscellaneous items	\$6,500

A HEALTHY OLD AGE

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Providence has allotted us each at least seventy years in which to fulfill our mission in life, and it is generally our own fault if we die prematurely.



Mrs. Mary Koehne

Nervous exhaustion invites disease. This statement is the positive truth. When everything becomes a burden and you cannot walk a few blocks without excessive fatigue, and you break out into perspiration easily, and your face flushes, and you grow excited and shaky at the least provocation, and you cannot bear to be crossed in anything, you are in danger; your nerves have given out; you need building up at once! To build up woman's nervous system and during the period of change of life we know of no better medicine than Lydia E. Pinkham's Vegetable Compound. Here is an illustration. Mrs. Mary L. Koehne, 371 Garfield Avenue, Chicago, Ill., writes: "I have used Lydia E. Pinkham's Vegetable Compound for years in my family and it never disappoints; so when I felt that I was nearing the change of life I commenced treatment with it. I took in all about six bottles and it did me a great deal of good. It stopped my dizzy spells, pains in my back and the headache with which I had suffered for months before taking the Compound. I feel that if it had not been for this great medicine for women that I should not have been alive to-day. It is splendid for women, old or young, and will surely cure all female disorders."

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