

# PAINFUL SCIATICA

EVERY SUFFERER WANTS THE VERY QUIETEST CURE.

Mr. Donovan Thinks the Remedy Used by Him with Such Remarkable Success the Best—Cured by Five Boxes.

"Men who have to do difficult and dangerous work on electric lines at any hour of day or night, can't afford to have anything the matter with their health," said Mr. Donovan. You can imagine, therefore, how much I was alarmed one winter's day in 1902, when I was seized by a pain just behind my right hip that made it difficult for me to walk home. It was so bad by the time I reached the house that I was obliged to go straight to bed.

"Did that relieve you?"  
"No, the pain grew more severe and kept extending downward along my leg. I sent for a physician, and he soon decided that I had sciatica. In a few days the whole nerve was affected, and the least movement brought on terrible agony."

"Did your condition improve under the doctor's treatment?"

"Quite the contrary. At the end of two months I wasn't a bit better, and at times I feared that I would never be able to leave my bed."

"How did you get out again?"

"When I was lying in bed, unable to move and wasting away in flesh, a friend visited me and told me about the wonderful cures brought about by a great blood and nerve remedy, Dr. Williams' Pink Pills. He strongly urged me to try them, and I luckily had sense enough to take his advice."

"Did you mend quickly?"

"Yes, that was the astonishing thing. I noticed a slight improvement before I had quite finished the first box of the pills. I could get out of bed while I was on the third box, and I was entirely cured by the time I had taken five boxes."

Mr. Joseph A. Donovan is living at Platiow, New Hampshire, and is line inspector for the Haverhill, Newton and Platiow Electric Street Railway. Dr. Williams' Pink Pills are the remedy to use when the blood is thin, as in anemia; or impure, as in rheumatism; or when the nerves are weak, as in neuralgia; or lifeless, as in partial paralysis; or when the body as a whole is ill-nourished, as in general debility. They are sold by all druggists.

## British Foxes Made Abroad.

The purchase of foreign fox cubs from importers of wild animals is attended with serious dangers. Wolves, jackals and such like creatures are easily mistaken in the cub stage, for foxes, and now and then have been sold in England as veritable children of Br'er Fox. This is the true explanation of those sensational outbreaks of sheep worrying during the past few years.—London Daily Mail.

Every housekeeper should know that if they will buy Defiance Cold Water Starch for laundry use they will save not only time, because it never sticks to the iron, but because each package contains 16 oz.—one full pound—while all other Cold Water Starches are put up in 3/4-pound packages, and the price is the same, 10 cents. Then again because Defiance Starch is free from all injurious chemicals. If your grocer tries to sell you a 12-oz. package it is because he has a stock on hand which he wishes to dispose of before he puts in Defiance. He knows that Defiance Starch has printed on every package in large letters and figures "16 oz." Demand Defiance and save much time and money and the annoyance of the iron sticking. Defiance never sticks.

## Scattered Kindness.

There are lives of wearisome monotony which a word of kindness can relieve. There is suffering which words of sympathy can make more endurable, and often in the midst of wealth and luxury, there are those who listen and long in vain for some expression of disinterested kindness.—Frances Ridley Havergal.

## Opening of the Uintah Indian Reservation.

The Uintah Indian Reservation in Utah, containing 3,425,000 acres of arable land, to be opened up for settlement on September 1, 1905, is described in a pamphlet just issued by the passenger department of the Denver & Rio Grande Railroad company. A valuable map, showing the country to be opened up and the various routes by which it can be reached, is published for the first time in this pamphlet, which may be obtained by addressing General Passenger Agent S. K. Hooper at Denver.

## Old Castle is Ruined.

Rosbrin Castle, once a stronghold of the O'Mahony clan, on the coast of West Cork, near Schull, having withstood many a storm, was almost completely demolished in a recent gale. A breach made in the walls during a siege by Sir George Carew in Queen Elizabeth's time proved the weak point during the late gale.

I am taking a new, but I sincerely believe a just, view of Nero. I consider him not only not a monster, but not even a radically bad man in the ordinary sense of the term. He was, in its most original sense, an esthete—placed in an omnipotent position.—Mr. S. Phillips, in Great Thoughts.

In support of her contention that an unlicensed dog, on account of which she had been summoned, was not six months old, a woman in East Grinstead, England, produced in court the dog's birth certificate, signed by a veterinary surgeon.

Popularity street is paved with pretty speeches.

# THE NEWS IN NEBRASKA

## GRAVES OF SOLDIER DEAD

Adjutant General Culver Issues An Order to the National Guard.  
LINCOLN—May 30, Memorial Day, is to be observed as usual in Nebraska. Adjutant General Culver of the Nebraska National guard issued the following order:

The annual recurrence of Memorial day reminds us of the passing years and the increasing distance that measures the time between the past and the present.

Forty years span the intervening space since "taps" was sounded at the burial of those who fell on the battlefield of the last armed conflict of the war of the rebellion.

The army of the dead is being reinforced each hour from the ranks of the survivors, until those who answer "Here" are but the fragment of that splendid army that decided that "this nation should be kept undivided and its honor maintained unsullied."

It is fitting that the citizen soldier should march to the "bivouac of the dead" with garlands of flowers and participate in the solemn rites of the day set aside in honor of the heroic deeds and sacrifices of those who have answered the last roll call.

Every member of the Nebraska National guard should consider it a privilege and an honor to report for duty on this occasion, and each company commander is directed to tender the services of his command to the Grand Army of the Republic and to co-operate with the local committee at the home station in the proper observance of May 30.

The flags on the armory and all public buildings will be raised to half-mast from sunrise till midday, in accordance with United States regulations.

## NEBRASKAN BLOWS OUT BRAIN

A. T. Rush from St. Edward Commits Suicide at Olympia, Wash.

PORTLAND, Ore., dispatch A. T. Rush of St. Edward, Neb., walked into a saloon at Olympia, Wash., put a revolver to his head and blew out his brains. In his pocket was a letter from his mother at St. Edward urging him to come home and promising to send him a ticket. Rush was a crippled barber and went to Olympia from Tacoma.

ST. EDWARD—J. B. Rush, son of A. T. Rush, was last heard of at Tacoma, Wash., about a month ago. He is a barber by trade, aged about 40, lame in the left leg, with a scar on the same hip.

## Senate Journals Compiled.

LINCOLN—Secretary Wheeler, Assistant Secretary Goulding and Miss Elsie Goldner have completed their work of compiling the journal of the senate and turned the copy over to the printer and their records over to the secretary of state, James J. Roberts, who is compiling the copy for the session laws, has discovered that H. R. 244, which provides for the prevention of the killing of foreign game birds, has a title much smaller than the body of the bill, consequently there is a question as to its constitutionality.

## Want an Injunction.

LINCOLN—The Knights of the Maccabees of the World have started an injunction suit enjoining State Auditor Searle from incorporating the name "Western Maccabees" and the officers of the new order from using any part of the old fraternal organization's name.

## Verdict of Guilty.

BROKEN BOW—The jury in the case of John E. Chandler, charged with cattle stealing, after being out several hours returned a verdict of guilty. James B. Rhodes, also mixed up in the cattle steal of last November, went into court and pleaded guilty to the charges against him, after withdrawing his previous plea of not guilty.

## Farmer Breaks Neck.

WAYNE—William Blecke, a prominent German farmer residing several miles northwest of Wayne, in Wilbur precinct, sustained a broken neck by being thrown from his wagon which upset at a culvert about three miles north of this city.

## Company to Be Retained.

LINCOLN—The Fairbury military company, which was to have been mustered out of the National guard, has secured a large number of new recruits and has come up to the standard required by law. It has been decided to retain the company in the guard.

Samuel Bangs of Beatrice, a carpenter, fell from a scaffold a distance of about twelve feet, and was badly bruised up.

## TAXES ON THE FRATERNALS

Attorney General Rules That They Are Subject to State Assessment.

LINCOLN—Attorney General Brown handed down an opinion at the request of the State Board of Equalization and Assessment that it was legal and right to assess the property, moneys or credits of fraternal and mutual insurance companies and kindred associations. Later in the day the board, in pursuance of this opinion, decided to assess such property of fraternal.

## STATE NOTES.

A new bank is soon to be started at Holmestown.

A Chicago firm is endeavoring to get a franchise to put in a gas plant at York.

Rev. J. W. Swan, who has been the pastor of the Methodist church in Plattsmouth, preached his farewell sermon last Sunday.

Fire destroyed the residence of Hiram Pamphorn in Glenover, Gage county, with all its contents. Loss, \$1,000, with \$800 insurance.

The residence of James Root at Murray was destroyed by fire. The fire started in the kitchen. Insurance \$600. The value of the property was about \$2,000.

Harvey Sunderlin, aged 10, who was struck on the head with a hammer thrown by a companion while practicing field sports in Wymore, is in a precarious condition.

The report of the county recorder of Otoe county for the month of April shows twenty-six farm mortgages filed of the value of \$45,784 and twenty-five released to the value of \$35,669.

A recent meeting of the directors and stockholders of the First bank of Ames came to the decision to go into voluntary liquidation and close all accounts. It is understood that the fixtures will be removed to Wellington, Colo.

An effort is being made to secure for Plattsmouth the forthcoming rifle practice encampment of the Nebraska National Guard. This encampment will be held solely for the purpose of rifle practice for the members of the militia.

A New York dispatch tells of the instant death under an automobile of Wilson Pardoner, aged 12, son of W. S. Pardoner, formerly manager of the sugar factories in Grand Island and Norfolk, who is well known in Omaha.

As the direct result of the agitation caused by the complications in regard to citizenship in the last West Point election, forty-one persons were admitted to full citizenship at the last adjourning term of district court of Cuming county.

The new Methodist church at Red Cloud, probably the most pretentious religious edifice in the valley, is being constructed of cement blocks manufactured, for the most part, under the direction of the building committee.

Incident to the commencement exercises of the Grand Island college, June 7, an effort will be made to secure \$10,000 in Omaha for new buildings for the steadily growing Grand Island college and \$20,000 in that city and the rest of the state.

It has been decided by the county school superintendents of Cuming and Scott counties to hold a joint institute of the teachers of both counties at West Point instead of holding two separate institutes. The date has been fixed for August 14.

The Southwestern Nebraska Log Rolling association of the Modern Woodmen of America have determined to have their second (as was their first) annual log rolling held in McCook. The event will be held some time in September.

Rogers Bros., of Shelby, who have the contract for putting down the well for the water works, had a misfortune. In drawing the pipe from a 200-foot hole the pipe came apart, leaving about sixty feet in the hole. They cannot get it out, so they are out their pipe and will have to start another well.

The United Commercial Traveling Men, in session at Grand Island, elected officers as follows: Grand counselor, Otto P. Tappart, Omaha; vice counselor, M. L. Dolan, Grand Island; past counselor, E. W. Getten, Omaha; secretary, C. J. Lyons, Omaha; page, E. W. Bailey, Lincoln; sentinel, Frank Shilling, Holdrege; grand chaplain, Rev. N. McGriffin, Holdrege.

F. S. Kirchner of Liberty township, Gage county, brought in eight wolf scalps and left them at the county clerk's office to receive the usual bounty. The catch consisted of the mother and seven cubs. Charles Pittinger, living west of town, also deposited twelve scalps in the clerk's office. So far this spring fifty-nine wolf scalps have been left at the clerk's office in Beatrice.

District court was in session at Burwell for two days trying John Lohr, charged with statutory assault on the person of Mary Kramer, a 16-year-old girl. The evidence showed that Lohr was working at the Speltz ranch and in the absence of Mr. and Mrs. Speltz went to the home of the Kramers, who are German people, and told them Mrs. Speltz wanted Mary to come over and he took the girl to the house alone and there accomplished his purpose. The jury brought in a verdict of guilty after being out about three hours.

John Anderl, proprietor of the Klondike saloon, Wilber, shot himself at his home with a 38-caliber revolver, the ball passing through his head from right temple to left, inflicting a wound that is almost certain to prove fatal.

J. B. Keller, a well-to-do ranchman near Grant, was brought home from Lincoln in an insane condition and was taken to the Lincoln asylum. Mr. Keller was in the asylum some five or six years ago and since his discharge has been looking after his business affairs with good success until the old ailment returned.

## JAPAN'S GOSPEL OF WORK.

Wealthy Youth Devote Themselves to Useful Pursuits.

"The secret of Japan's wonderful success," said a globe trotter, "lies, perhaps, in this: Whereas, the richest and best born and most powerful of other nations' young men give themselves over to frivolity and idleness, the flower of the young men of Japan work, work, work. In the pleasure cities of the world—at Monte Carlo, in Paris, in Algiers, in Ostend, in Cairo—you will find young grand dukes from Russia, young baronets and lords from England, all gambling, motoring, skiing, yachting, dining and what not. But do you find among them—I don't mean now only, but ever—have you ever seen among them any of the young princes and earls and millionaires of Japan? No, indeed. Those young men have been working in our universities, working in our machine shops, working in our chemical laboratories—working, working.

"How well this speaks for Japan's future! What a warning it is to the rest of the nations of the world! For if this noble energy continues in the youth of Japan from the lowest to the highest one of two things will happen—either Japan will far outstrip the other nations or else the other nations' young men, too, from the lowest to the highest, will have to abandon their sports and their dissipation and turn themselves resolutely to labor for the public good."

## He Meant All Right.

In connection with the annual spring exposition of the Pennsylvania Academy of Fine Arts, which drew only the other day to so successful a close, Philadelphians are hearing a story which is almost too good to be true—though it arrives well vouched for.

According to this the young and decidedly pretty wife of one of the unsuccessful applicants for admission to the gallery's walls called upon a certain highly talented and well known member of the jury to plead her husband's cause. She was sincere; she was eloquent; the great man's heart was touched—but what could he do, for he remembered only too well the huge and glaringly colored canvas which had been turned down. At last he said:

"Madam, go back and tell your good husband that when he will send us in a picture as small and as charming as pretty and well painted, as you—"

There the story ends, with not a word as to what followed the speech. —Philadelphia Ledger.

## One of the Stages.

Over in New Hope, Ark., last week the farmers of Green county held a meeting of the Educational and Co-operative association for the purpose of electing delegates to the state convention to be held in Hot Springs. Among the prominent men in attendance was Gen. N. Y. Crowley of Independence, who is making the race for railroad commissioner. While the session of farmers was under way a New Hope maid with musical talents in the bud opened up a piano across the way and began that process known as cultivating the voice.

"For goodness sake," exclaimed Gen. Crowley, "what noise is that?"  
"Gently, General," exclaimed Will Burton of Caddo township, who had just been elected one of the delegates. "That noise is from a young lady who is having her voice cultivated."  
"Cultivated, huh," said the general; "then it is evident the process of cultivation has reached the harrowing stage."—Memphis Commercial Appeal.

## Italy's Industrial Advance.

Not many people in the United States are fully aware of how rapidly Italy is advancing in industrial importance. In some way northern Italy has in the last ten years shown as promising development in an industrial way as is to be found anywhere in Europe. The never-falling water supply of the snow-topped mountains is being utilized by the electrical engineers in a way which promises to convert northern Italy into a great industrial state. Nowhere in Europe is there a population better fitted to aid in an industrial development. The people are dexterous, quick to learn and industrious, and up to the present time the general wage scale compares favorably with that of any competitors which they have to meet. The result of these favorable conditions has been, for instance, the development of the silk industry at a rate which sounds like statistics of American industrial growth.—Scribner's.

## Misinformation.

A member of a temperance society heard of a man in the southern part of the city whose wife, in popular parlance, "had driven him to drink." The advocate decided to call on the inebriate and his wife and to plead with him to give up drink. The evening she called she did not find the toper at home, but the temperance worker and his wife talked on other topics. At last she asked the woman if it was true that her husband was driven to drink.

"Driven to drink!" was the answer to the surprised white ribboner's question, "why, no, my man is willing to walk, no matter how far he has to go to get it."—Philadelphia Ledger.

## The Question.

I.  
This is the cry  
That echoes through the wilderness of earth  
Through some sad sorrow, day and death  
And birth:  
Why?

II.  
It is the high  
Wall of the child with all his life to face,  
Man's last dumb question as he reaches space:  
Why?

—Japan Mail.

# HOTBEDS OF CONSUMPTION

Penal Institutions in Many States Proved to Be Breeding Places of Tuberculosis

It is the duty of the state to protect its citizens—even those condemned to pass a term of years in jail. The danger to the inmates of prisons, from pulmonary disease, has only lately been realized. A short time since a man who had served a sentence in the Ohio penitentiary, declared that to send him back meant death by tuberculosis. Inquiry was made. The head physician announced that the building was a hotbed of consumption. A prominent official stated that a ten years' sentence was equivalent to condemning a man to death—by pulmonary tuberculosis.

Dr. S. A. Knopf, the greatest American authority on tuberculosis, was invited to visit the penitentiary. With-out hesitation he pronounced it the most unsanitary penal institution he had ever seen.

The output of many prisons is enough to convince of the truth of the above statements. The sallow complexions, weakened bodies, sunken chests of the ex-convicts, all are the stamp of murderous prison hygiene. All the rules for combating the great white plague are reversed. For sunlight, they are given darkness; for fresh air, a damp, musty atmosphere; for out-of-door life a weary in-door grind, a large part spent within the narrow confines of a single cell.

Is it not enough to take from a fellow being his liberty and appropriate the labor of his hands, without forcing him to live under such conditions? Dare the state continue to condemn any of its citizens to such a death? Shall the sentence in a public prison cease at its legal expiration, or shall the poor victim continue to suffer from its dire effects until he fills a consumptive's grave?

In this day of Anti-Tuberculosis agitation, it would seem that public institutions, whether asylums, schools, prisons or assembly halls should be the first to be brought under proper sanitary conditions. It is useless, hopeless to educate the masses in regard to the cure and prevention of tuberculosis and then maintain at public expense hotbeds for the development of consumptives to be finally turned loose in the community.

## The Tonic Use of Water.

Cold water is the universal tonic. The best time for taking a cold bath for tonic effect is just after getting out of bed in the morning, when the body is warm. A cold bath should never be taken when one is chilled. One not accustomed to cold bathing should begin carefully with water not colder than 75 deg. F. The bath should be short, not to exceed a minute, and for feeble persons not more than fifteen or thirty seconds when applied to the whole surface. The bath should be immediately followed by rubbing and exercise for fifteen to thirty minutes. There should always be good reaction; that is, the whole surface, including the hands and feet, should quickly become warm. The bath should not be followed by languor, headache, lassitude or other indications of excessive reaction. When one experiences such symptoms, the indication is that the bath was too long or too cold or not followed by sufficient exercise. For feeble, young or elderly persons the water used should rarely be lower than 65 degrees to 75 degrees in winter. The bath should be taken in a suitably warmed room.

## As We Live, We Are.

If we look down, then our shoulders stoop. If our thoughts look down, then our character bends. It is only when we hold our heads up that our body becomes erect. It is only when our thoughts go up that our life becomes erect.

## Physiology in English Public Schools.

Sixteen thousand English physicians have signed a petition requesting Parliament to inaugurate systematic instruction in the public schools of Great Britain in relation to the preservation of health, especially in relation to the evil effects of alcoholic drinks. It is hoped that this petition will be granted.

## Slaughter of the Innocents.

A study of statistics reveals the terrible fact that nearly one-half of all the human beings born into the world die before the age of five years. In the city of Stetten, Germany, nearly one-half—473 out of every thousand—die during the first year of their lives. In Ireland, Scotland, Norway and Sweden, where children are given better care, have more outdoor life, and more intelligent attention is given to feeding, the number of deaths is only one-fiftieth as many as in the city of Stetten, being ten per cent.

Physicians are coming to recognize that the use of cow's milk, which is infected with the germs of tuberculosis, is one of the most active of all the causes of death among young children. This should be remembered in the artificial feeding of infants. The milk should either be boiled or well scalded before being fed to the infant. This rule should be universally observed for adults as well as for children, and, if applied, will save thousands of lives annually.

## A Safety Valve.

In the Ladies' Home Journal a writer tells of an interesting visit which he paid when a boy to the "Autocrat of the Breakfast Table." After breakfast Dr. Holmes took the

boy into a basement room, which was fitted up as a complete carpenter's shop, and gave him the following advice, which he considered would be of more value to him than anything he had ever written:

"You know I am a doctor, and this shop is my medicine. I believe that every man must have a hobby that is as different from his regular work as it is possible to be. It is not good for a man to work all the time at one thing. So this is my hobby. This is my change. I like to putter away at these things. Every day I try to come down here for an hour or so. It rests me because it gives my mind a complete change. For, whether you believe it or not," he added, with his inimitable chuckle, "to make a poem and to make a chair are two very different things.

"Now, if you think you can learn something from me, learn that, and remember it when you are a man. Don't keep always at your business, whatever it may be. It makes no difference how much you like it. The more you like it, the more dangerous it is. When you grow up, you will understand what I mean by an 'outlet.' Every man must have an 'outlet'—a hobby—that is, in his life, and it must be so different from his regular work that it will take his work into an entirely different direction. We doctors call it a 'safety valve,' and it is. I would much rather," concluded the poet, "you would forget all that I have ever written than that you should forget what I tell you about having a safety valve."

## For a Cold.

The daily cold bath is one of the most effective safeguards against taking cold. Of equal importance is abundance of fresh air in the sleeping apartment. Upon the first symptoms of "a cold," deep breathing exercises in the open air or in a well ventilated room should be taken at frequent intervals. In nearly all cases where this simple treatment is taken, there will be no further development of the cold, and the symptoms will disappear. A doctor connected with a large institution for children recently tried this method upon the inmates with surprising success.

"There is nothing," he writes, "more irritable than a cough. For a time I have been so fully assured of this that I determined, for one minute at least, to lessen the number of coughs heard in a certain ward of the hospital of the institution. By the promise of rewards and punishments, I succeeded in having the children simply hold their breath when tempted to cough, and in a little while I was myself surprised to see how some of the children entirely recovered from the disease.

"Let a person, when tempted to cough, draw a long breath, and hold it until it warms and soothes every air-cell, and some benefit will soon be received from this process. The nitrogen which is thus refined acts as an anodyne to the mucous membrane, allaying the desire to cough, and giving the throat and lungs a chance to heal."

## RECIPES.

**Barley Soup.**—Soak a cup of pearly barley over night and cook in plenty of water until well done, but not mushy. At proper periods add to it a portion each of minced onion, sliced cabbage and okra, sliced carrots and turnip, salt and enough tomatoes to give an appetizing flavor and color. A little seasoning may be required.

**Noodles with Cranberries.**—Beat well one egg, or more according to the need, incorporating with each a tablespoonful of cold water and a pinch of salt. Knead in flour sufficient to make a stiff dough. Roll as thin as thin pasteboard. Let it dry on one side and then on the other, frequently turning it, but do not let it become dry enough to crack when rolled. Roll it very compactly; with a very sharp knife cut thin slices from the end until all is used. Let these dry thoroughly (they may be prepared several days before needed) and cook in boiling salted water about twenty minutes. Drain in a colander, and give a dash of cold water to prevent pastiness. Reheat, and serve with strained cranberry sauce as a dressing. Any other fruit may be used. Any of the various forms of macaroni may be substituted for the noodles.

**Stuffed Potatoes.**—Bake smooth potatoes until just done. Cut in halves lengthwise, remove the insides, being careful not to tear the skins. Mash, season, and return to the shells. Have ready some slightly salted, stiffly beaten egg to cover the top of each piece. Place on a tin in the oven to brown and warm.

**Creamed Turnips.**—Dice turnips and boil until tender, having salted them a while before draining. Somewhat more than cover them with rich milk. When boiling hot pour in slowly some braided flour, gently shaking the kettle to insure the even thickening of the dressing. Cook a few minutes and serve.

**Lansé Brod.**—Beat one egg into one cup of milk. Add salt and a spoonful of sugar. Dip into it slices of stale bread and brown them nicely on a well-oiled pancake griddle. Serve while hot.

**Squash Custard.**—Prepare squash the same as for pies. Bake in a shallow pudding dish without crust and serve cold.