NEBRASKA IN BRIEF

NEWS NOTES OF INTEREST FROM VARIOUS SECTIONS.

ALL SUBJECTS TOUCHED UPON

Religious, Social, Agricultural, Political and Other Matters Given Due Consideration.

Sidney's water works system will be completed at an early day.

The corner stone for the \$80,000 school building in Beatrice has been laid.

Mr. and Mrs. Peter L. Rork of Burnt county celebrated her golden wedding last week.

Ground has been broken for the million dollar court house that Douglas county will build.

H. C. Smith shipped over twenty eight carloads of the choicest apples from his fruit farm near Barada, this

Charles Zobel, employed with the Burlington as a bridgeman, fell twenty feet from a bridge east of Diller and was badly hurt.

L. F. Koplin, who conducts a saloon in Pilger, was arrested for selling liquor to minors. He pleaded guilty to three counts and was fined \$75 and costs. The fees collected by the various

state officers and state departments during the blennium just closed amounted to a grand total of \$361, 692.21. G. E. Congden, a hotel man at Wilcox, was found guilty of selling booze,

or rather giving it to his guests by placing it on the table with the bill of fare. The work of constructing a new bridge across the Platte river at

Louisville has been commenced, and it is expected to be ready for traffic within three months Miss Jennie E. Ferguson, of Friend,

has been appointed administratrix of an estate valued all the way from \$110,000 to \$175,000, left by her father. the late Ephriam I. Ferguson Farmers should all have telephones. Write to us and learn how to get the

best service for the least money. Nebraska Telephone Company, 18th and Douglas streets, Omaha. "Use the Bell." Giover Morris, who was called to

Steele City with a pair of bloodhounds on a robbery case, returned home to Deatrice, having succeeded in running down a man named Campbell. A lot of goods were unearthed.

The Blair Telephone company has asi'ed the railway commission for per mission to put in a 10-cent toll rate betwen that town and Herman. Free service has been maintained between the two-towns up to the present time.

Thomas Oliver of Fairmont, while in the barn doing his chores, got too near a team of mules. One of the a resented the intrusion and administered to him a box in the ear, nearly ring that member from hi

The corn show held in Nebraska City four days was a blg success. There were over one thousand exhibits besides those of the manufacturers, and Eagle hall was crowded with throngs of people during the day and the evenings.

Coroner Norcross of Miller and jury held an inquest over the body of Mrs. Agnes Allen colored, finding accidental death from an overdose of chloroform, self-administered, The woman had been ill for some time, and used the chloroform to relieve

A special meeting of the members of the Johnson County Farbers' institute has been called for Tuesday, December 29. At that time there will be present three government experts to confer with the people of that locality. There will be an expert in the growing of cereals, one on the soil, and one on good roads.

J. H. Edmister of Kearney was taken to the Lincoln county jail at North Platte by the Deputy United States Marshall Sammons to begin serving time under sentence of the federal court. Edmisten is the real estate speculator who was convicted of attempting to defraud the government through irregular land entries at North Platte.

A 3,200-pound steer was sold in the South Omaha yards last week for \$9.40 per bundred. He netted the owner, O. W. Perley. \$300.80. This is the largest price ever paid for an animal which was not sold on a pedigree. The animal was sold largely on account of its exhibition value. The steer was 5 years old and of the Shorthorn breed, but not thoroughbred apparently.

The large fox squirrels on the sixtyacre normal campus at Peru have become so numerous as to cause those interested to fear that they will destroy the birds' nests. Prof. H. B. Duncanson of the department of biology after continued investigation says that they do not damage the nests other than what little damage may result incident to their skipping

about over the trees. Harry C. Lindsay, state librarian, has filed his biennial report with the governor. It shows a total of 58,173 volunies in the library. Two years ago there were 54,672. The librarian purchased 1.752 volumes and received

1.749 by donation and exchange. According to the reports of the recorder there were filed in Otoe county during the month of November nine mortgages amounting to \$27,000, and seven released to the value of \$14.-945. On town and village property there were filed sixteen mortgages of the value of \$12,115.22 and fifteen released whose value was \$4,016.86.

NEXT GERMAN AMBASSADOR.

Kaiser Selects Count Von Bernstorff for Washington Post.

Berlin.-Count Johann Heinrich von Bernstorff, who recently had represented the German government in Egypt, has been selected by Emperor William to succeed the late Baron Speck von Sternburg as ambassador to America. Countess von Bernstorff is a daughter of Edward Luckemeyer of New York.

Count von Bernstorff was assigned lately to Egypt. He was first diplomatic agent and consul general at



Count Von Bernstorff.

Cairo, but was raised to the rank of minister plenipotentiary early in 1908. He is the fourth son of Count Albrecht von Bernstorff, who was a distinguished contemporary of Bismarck and he was born in London in 1862 while his father was German ambassador to the court of St. James.

The new ambassador began his diplomatic career in 1899, when he was made attache at Constantinople. From Turkey he was transferred to the foreign office in Berlin, after which he advanced from one grade to another, serving in Belgrade, Dresden, St. Petersburg and Munich. He was councilor of the embassy and first secre-

tary in London in 1902. While in England the count came especially under the notice of Emperor William as a result of his work in ameliorating the existing bad feeling against Germany. He drew up a series of lucid and comprehensive dispatches on the situation.

After four years' service in London he was sent to Cairo. In the German diplomatic service this post is regarded as a stepping stone towards advancement.

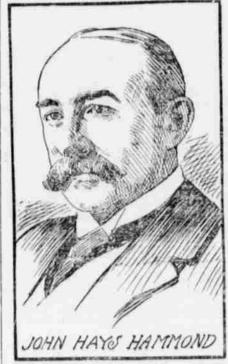
Count Ernst von Bernstorff, the founder of the collateral branch of the family, also had an American wife. He was married in 1801 to Amerika Riedesel, Baroness Zu Eisenbach, who was born in New York in 1780.

The new ambassador to the United States is a man above middle height, of slight figure, and wears a blond mustache. His knowledge of English is well-nigh perfect and he is known as a successful after-dinner speaker and to be a witty conversationalist.

HAMMOND SEEKS CABINET PLACE

Mining Engineer Would Head Commerce and Labor Department.

Washington.-Friends of John Hays Hammond, the millionaire mining engineer and publicist of Massachusetts, will ask Mr. Taft to make him a member of his cabinet. Mr. Ham-



mond's preference is understood to be the department of commerce and labor. He has ideas on the subject of making this department a real help to the commercial interests of the country, particularly the manufactur ing industry, and many of his friends would like to see him have an oppor-

tunity to carry his plans into effect. Mr. Hammond was active in the re cent campaign. He took hold of the work of making useful the National League of Republican Clubs, and it is generally understood that he bore the expenses of this work out of his own private fortune. He is now planning to maintain permanent headquarters of the National league and to increase its membership and influence during the next four years.

Many Languages Spoken.

Accorded to the accepted authorities there are 3,424 spoken languages to the world to-day; or perhaps it would be more accurate to say dialects. Of this number 937 are Asiatic, 578 European, 276 African and 1,624 American. By far the greater number of these belong to savage and semi-ravage tribes and nattons.

DIET AND HEALTH and nurble

By DR. J. T. ALLEN Food Specialist

Author of "Eating for a Purpose," "The Netw Gospel of Health."

SIXTY DAYS ON PEA NUTS AND LEMONADE.

On October 18, 1907, I began an exclusive diet of peanuts and lemonade and subsisted on that alone for 60 days.

What dld you do it for? Do you still live on peanuts? How should peanuts be taken? Have you changed your mind about their food value? These are some of the questions that I am frequently asked.

Such was the novelty of my experiment, which was undertaken as a scientific demonstration, that the average person refused to consider it seriously. The newspapers treated it largely as a joke-except that many of them reported toward the end of the time that I had died-a result which many were expecting.

For several years I had been testing the relative values of foods by living for a time on one alone and recording the results. Incidentally I had reached the conclusion, for reasons which I shall give in a later article, that cereal starch is the only element of vegetable food improved by cooking and that cereal starch is unnecessary in our diet, and fre quently injurious, particularly in the case of infants and children. I had found that cooking injures the most important element of food, albumen, from which the cells of brain and brawn are built, and precipitates, to a large extent, the mineral elements. sulphur, phosphorus, magnesia, potash, etc., so essential to vigorous, healthy life, so that they cannot be absorbed into the blood. I had come to believe also after much investigation that fruit should form a large part of our diet, and I had been prescribing in certain cases a diet of uncooked peanuts and gluten, uncooked, in small quantities with fruits, eaten separately, and had seen remarkable improvement in some cases.

One day it was reported in an Aurora (Ill.) paper (I lived in Aurora) that a girl had died from eating peanuts and at the same time the chairman of the local board of health attributed a case of poisoning to eating peanut candy.

To prevent an undesirable counter suggestion on the minds of those who were eating peanuts by my advice, more than to defend my own theories, stated my view of these cases, calling attention to the great difference between cooked and uncooked peanuts, and to show the firmness of my belief in the correctness of my conclusions, I said that I would be willing to live for 60 days on uncooked peanuts and have the results carefully recorded daily by the board of health, and give my body for dissection and analysis, if I failed to survive the experiment.

I had lived for several days on peanuts, on apples, on prunes, on starch, on nothing, and I knew that by fasting for a few days, when the indications required it, I should have no difficulty in performing the feat. But my friends begged me to desist, urging that I was losing my professional dignity and many of them accused me of insanity, which I was, they said, deliberately fostering by this strange freak! I had studied on my theories of feeding till I was half gone and now I was going to finish the job!

The outcome, however, fully justifled the confidence with which the experiment was undertaken. 1 lost 17 pounds in weight but continued my usual work throughout the entire period, and in fact did a greatly increased amount of mental labor, necessitated by the increase in my correspondence, interviews, etc., and on the evening of the sixtleth day I gave an address in the G. A. R. hall of Aurora on diet and morality, speaking for three-quarters of an hour. and followed that with a 20-minute talk to an audience at the Collseum on the relation of diet to strenuous endurance.

Of course the pennut Is not a complete diet and to keep in good condition I fasted at Intervals throughout the 60 days a total of about eight days. Probably the extension of the experiment to 120 days would not have reduced my weight to the point of physical collapse. My height is 5 feet 111/2 Inches and my weight when I began was 165 pounds.

We live by what we eat; and the ing to the way you feed him." "The stuff," says Dr. Alexander Haig, the problems of life."

The mind is the measure of the man; what a man thinks he becomes: But the mind manifests through the physical, and the character of the physical determines the character of is the expression of the mind, much power for the same quantity of fuel.

as a building is the expression of the thought of the architect who designed it. And you can no more build a sound, beautiful, enduring body with but good food than an architect can build a beautiful temple without steel

"A crook in the mind makes a crock in the body." You cannot meet a stranger without forming some impression of what he is. You unconsciously recognize in physical form and quality of body the character of the man; and the trained physiogacmist, phrenologist and physiologist will undertake to read your character, pretty accurately, from its bodily expression. Now that body is material and the material is food. The Eskimo is built of blubber, the Scot of calmeal, the Japanese of rice and beans. But the Eskimo could not become a Scot by eating catment and barley meal for a thousand years. Food is only the material; the mind s the measure of the man. The Scot who has given us so much theology, metaphysics and science is the product, primarily of the mental stimulation of Land of brown heath and shaggy

wood. Land of the mountain and the flood." So when we say that you are what you eat, we do not ismore the fundamental importance of the mind. It is still true that as a man thinketh so is be-and that as a man eateth so he thinketh. We have heard so much lately of the influence of the mind upon the body, that it is perhaps time that the pendulum of thought should again swing to the other side, the influence of the body upon the mind, and in time we may arrive at the happy medium where truth lies. the knowledge of the inter-relation the essential unity of, body and mind,

the menta-physical constitution. Scientific authorities agree that vitality is a fixed quantity-that each individual is born with a certain store of vital force, and that when the stock is exhausted he dies. Vitality is expended in work, in restoring normal conditions when sickness occurs, in defense against disease, and in carrying on the normal-functions of converting food into blood, throwing off waste and polsonous matter. There is no means of estimating the extent of any of these expenditures, but we know that the energy spent in digesting and eliminating food is considerable. We know that it is impossible to do one's best work after a heavy

Now if a large per cent, of the energy ordinarily expended in digestion, including elimination, can be saved without loss of nutrition, a gain in working capacity, in good feeling, in length of life, must result. The practice of a simple diet shows remarkable gains in these respects. The severe mental work done and the mental strain sustained during the period of my one-sided peanut diet, indicates that the average person over-eats and eats too many kinds of food

The first effect of sickness is loss of appetite. Nature then uses the vitality commonly used for digestion to repair the defect, to restore normal health conditions. Here is indicated the natural cure. We know what elements different foods contain and what the body needs; and upon this knowledge is based a simple, radical cure of the one fundamental disease, defective nutrition of which all "diseases" are but symptoms. This is the cure which the eminent Dr. Haig has said he has been "convinced by experience and experiment has lain all the time at our doors while we have been using drugs as palliatives."

Some Important facts were developed in contribution to this science of radical cure by the peanut experi-

ment. Hundreds of letters were received during the test from people who but for an accidental discovery of the peanut diet, "would have been wearing a wooden overcoat," while others asked "how to eat peanuts to avoid their bad effects"-which suggests the important fact that all foods are, under certain circumstances, poisonous, and the more concentrated, obviously, the more virulent when misused.

With a decrease in the daily food supply comes an increase in strength with loss of weight. The vitality ordinarily expended in converting food into blood and eliminating the waste, often excessive, can be used in extraordinary mental work or in cure, even of deep-seated chronic disease.

The fact that appetite is always lost immediately on the advent of sickness or mental derangement-violent fear anger, joy, etc.-indicates that upon the regulation of diet, which implies fasting as well as dieting, must be based the true scientific cure of the one fundamental disease, mal-nutrition, understanding that the term 'nutrition' in its widest sense intodes normal supply of air, water, sonlight, food, exercise, and right mental conditions.

Oregon Mushroom Breaks Record.

W. B. Steele, who fives at East Forty first and Ivon streets, near the end of the Richmond car line, brought to the Oregonian recently a mushroom character of our living depends upon which he declares holds the record for the kind of food we cat and the way size in this particular variety of funwe eat it. "You can make a man good gi. It is 14 inches tall and the cap or bad," says Bishop Fallows, "accord- Is a trifle over 9 inches in diameter and 28 inches in circumference. Inbuilding of brain-cell and mind stead of one night, it required four and an equal number of days for this distinguished English authority on mushroom to develop. It grew in the dlet, "lies at the root of all the garden of the Steele home, Mrs. Steele says be calls it Taft because it is so big and strong and so much superior to all.-Portland Oregonian,

Gas Power Replacing Steam.

Gas engines are rapidly replacing the mental as certainly as the mental the steam engine in smaller facinfluences the physical. The body todies. They give twice as much

THE AWAKENING

By ELIZABETH JACKSON

(Copyright, Ford Pub. Co.)

In her little rose-colored boudoir, ! able signs of tears. "But they are only surface tears," she told herself, with a little sigh; "not heart tearsnot the kind of tears that Lundski wants-tears wrung in agony from the soul." She said the words over It seemed such a far-away possibility to be ruined!" she cried aloud.

She stopped before the open window and looked out moodily into the night. The stars seemed to have lost their glitter and the radiance of the moon was hidden in the mist of a cloud. Below, the trees hung dark and motionless, not a breath stirring them or their huge, fantastic shadows. The pervading calmness exasperated her It suited so exactly her own mood.



'Go Home Till You Become a Woman."

Neither was it the calmness that follows a raging storm, either of the elements or of a soul-that terrible calmness of despair. But it was just the peaceful quiet of mere living and the sweet joy of it.

She rested her arms on the window edge, letting her gaze wander dreamly. A deep, long drawn sigh breathed itself upon the evening air, seeming to reach straight on to the stars that were resting so quietly, for they began to quiver and to throw out dazzling lights.

Their gleam caught her and she lapped her hands, laughing gleefully like a child. "Dear little stars," she cried to them, "did that breath reach way up there, to you? And what are you telling me in return? Ah, I know you are trying to send some message and I cannot understand, for I have no

No soul! could it, alas, be true? And fast before her mental eye hopes and fears came crowding

All her life centered around her ambition to sing in grand opera. She had worked and studied, and sang, with ever that point in view. Then came that glorious day when she had sailed for Europe. She was going to the great Lundski, success and fame!

He had been pleased at first, she knew, and had great hopes for her, but lately she seemed to fill him with only exasperation.

He was to bring her out in Il Trovaore, and the date of her debut had been set. But that day he had shown plainly that he despaired of her.

"Ah, mademoiselle, mademoiselle!" he cried, "your voice - yes" - he shrugged his shoulders and threw up his hands. "It is clear, it is sweet, it is strong, but it doesn't touch here"and he pointed to his breast. "It is cold-cold, all ice, bah! you freeze me, Come, put a little warmth into it," he cried; "let your soul ring out! let Manrico know by the very depth of your voice how you love him!"

Then suddenly he turned to her. "Have you never loved, mademolselle?" he asked, softly, as though he might be stepping on some sacred ground. But her laugh rang merrily, "Loved! Loved? No never. Why, I

never had time to think-She stopped auddenly. The gray eyes of the new tenor seemed to be looking into her very soul. She brushed her hand across her brow and laughed | ment rings from me playing bridge.again, but not so heartily.

The afternoon wore on, her in-Elise paced slowly up and down. Her structor became more and more imbroad, low brow was slightly puckered patient with every note. Finally, with and around her eyes were unmistak- an outward pushing gesture, as though to drive her from him, he cried:

"Go home till you awaken, you are asleep! Go home till you become a woman; you are a child! Go home till your very soul can ery out to Manrico in the tower, till you feel all the depth, again to herself, smiling as she did so. all the misery and all the glory of Leonora's great love. Till you can not if it was one at all. "And for this only love with her, but hate with her, very lightness of heart, my career is die with her. And when this comes to you, come back to me, and then we can give to the world a living, breathing, palpitating Leonora, not a creature hewn of ice."

> But it was not of Lundski she was thinking now, but of the gray eyes whose glance she was beginning to ong for, yet dread. Ah! those eyes were wondrous gray, but his hair was -curly, undeniably. How she hated curly hair on a man, and his she would even have termed kinky, had she not felt at times so strangely curious a desire just to touch it. There surely! was some change coming over her, that she should look so eagerly in every crowd, wherever she went, just to catch a glimpse of a straying lock of golden kinky hair.

And ah! his glorious voice! She had only heard it once, but its tones were always ringing in her ears. How she longed to sing out in answer to it the day she heard him. They were to practice together on the morrow, and now, it was not to be. Ah, that must have been a pang of more than mere disappointment, that struck so sharply at the thought!

The moon sank deeper in its hiding place and a strange mournful stirring came from the trees. The night was changing-but still the girl mused on." Suddenly out of the darkness, on the rising breeze, came a voice, singing beneath her window.

Only one could sing like that, and as the words of Manrico came to her in a voice full of love and longing, she caught her breath and listened-trembling-thrilling-and as the last note was carried to her, she dropped to the floor, overcome, then poured forth her answer.

Her voice was low and unsteady at first, but gathering volume by the very weight of the love it must carry, rang out into the night, telling in the words of Leonora of a great, strong and self-sacrificing love. And the wind which was rising to a storm, carried it to the listeners below and wove around its note of triumph a sad mournfulness, as of coming sor-

As the last words died away, a chorus of bravos and exclamations arose. Elise dld not hear them or understand their significance. alone with this new beauty, her face hidden in her hands.

Finally she was aroused by a knock. He had come to her, he was there at the door. Oh, the joy of it! Yet how could she open it with that throb in her throat and her heart beating so wildly? Timidly she crossed the room and turned the handle.

The great Lundski came in first, then followed a woman, and than the tenor, his gray eyes full upon her. Her own dropped.

"Mademoiselle, mademoiselle!" the great Lundski cried, "we give you our heartiest congratulations. I hardly thought the little ruse would work so well. We were coming over to get you to practice a little to-night, as our tenor says he must leave town tomorrow. We saw you against the rose light, standing so still in the window. Sing, said I; and how he sang, and how you sang! It fairly struck me dumb. Ah, how much good a little scolding does sometimes. But here, you have not yet met our tenor's wife -1 am forgetting myself. Let me present-Mademoiselle! what is it? Are you III?"

"Ill? Yes, yes," she answered, white to the lips; "but do not be alarmed; to-morrow I will come to you and be the 'living, breathing, palpitating Leonora.'

French Apparatus of Value.

A new electrical apparatus, which is designed to facilitate the dispatch of postal letters, has just been installed in a Paris post office. It consists of an "endless" roll of linoleum, 200 feet. in length. This, in revolving, rubs against 32 electric bobbins operated by a powerful distributor. When the current is switched on, the linoleum roll descends into the letter box, the contents of which are attracted to the linoleum by the electricity, and communicated by the bobbins. The letters are thrown into a truck, and carried by means of a miniature railway through the public room to the sorting office. The saving in time is said to be considerable, and the apparatus is almost noiseless.

Large Legacy for Academy.

According to Science, the Berlin Academy of Sciences has received a legacy of 30,000,000 marks (about \$7,500,000), being the entire fortune of a millionaire named Samson, a Berlin banker, who recently died childless at Brussels.

Real Mean.

Madge-How is it you don't speak to Edith any more?

Dolly-She won three of my engage-Puck.