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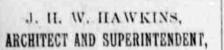
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PHYSIOLOGY AND HYGIENE.

Water Before Meals-When to Take It Hot and When to Take It Cold.

Water taken freely before meals, it is believed by many physicians, operates favorably by washing away the mucus secreted during the intervals of repose, and favors peristalsis of the whole alimentary tract. The membrane thus cleansed is in much better condition to receive food and convert it into soluble compounds.

The accumulation of mucus is specially well marked in the morning, when the gastrie walls are covered with a thick, tenacions layer. Food entering the stomach at this time will become covered with this tenacious coating, which for a time protects it from the action of the gastric fermenta, and so retards digestion. The tubular contracted stomach, with its puckered mucus lining and viscid contents, a normal condition in the morning before breakfast, is not suitable to receive food. A glass of water washes out the mucus, partly distends the stourch, wakes up peristalsis and prepares the alimentary canal for the morning meal. Exercise before partaking of a meal stimulates the circulation of the blood and facilitates the flow of blood through the vessels.

According to Dr. Leuf, who has made this subject a special study, cold water should be given to persons who have sufficient vitality to react, and hot water to the others. In chronic gastric catarrh it is extremely beneficial to drink warm or hot water before meals, and salt is said in most cases to add to the good effect produced.

Contagious Diseases.

Scarlet fever, a contagious disease producing a large annual mortality, is, says Dr. G. A. Collamore, produced by a specific poison which emanates from the person of the patient, and can be caused by no other means, and this poison is remarkable for the tenacity with which it affixes itself to objects, which, if portable, may convey it long distances, and for its tenacity of life, which renders it difficult to destroy. Diphtheria, also a contagious disease, and largely fatal, may also arise from other causes than contagion, notably from fermenting filth, and requires, not only isolation, cleanliness, for its extinction, Typhoid fever and Asiatic cholera, while not directly communicable from person to person, are spread by the dejecta of their victions, which contaminate the water supply, and thus an efficient disinfection of these ejecta is a very desirable thing to accomplish. Small pox may be exterminated by vaccination, and this, I am happy to concede, is a fact on which the public requires less information than most others, albeit these are skeptics here. It is evident if the public knew how diseases arise and are disseminated, it would be prepared to more heartily and effectually second the embeavor of sanitarians to limit and subdue them. In mistress of the establishment out of her proportion to its knowledge of sanitation senses before she condescended to make a would its zenl increase.

Surroundings of a Rheamatic Patient. The surroundings of a patient suffering from rheumatism are a matter of no little importance. The Boston Journal of Health

вауя: "Free ventilation should be secured, but without draughts, and the temperature kept between 68 and 70 degs. Fah. The pa-tient should be clothed in flannel and the between woolen blankets. His covering should be light. An excess of bedelothing will add to the pain in the inflamed joints and unnecessarily increase the sweating. It should be a studied effort to spare him any painful movements possible and every ministration should be gentleness itself. Milk, with seltser water or lime water, pre-eminently meets the requirements as the principal article of diet during the active period of the disease. If this proves insufficient, or is not well borne, then other light and concentrated food can be administered. Some authorities insist that animal food and alcohol are contraindicated during the height of the fever. The indicated during the height of the fever. The latter should certainly be prohibited, as a may have placed behind prison bars. But on of America, Uruguay and Venezuela are

The Story of a Picture,

Concerning an aged French priest, who built at his own expense the dainty little et unch at Mont Rog", there is a story told which might have a fighted Rossetti. An nvistocrat by birth, title and training, he is raid as a young man to have made a brill ant figure in fushionable Parisian society. Rendered suddenly durab in the best years of his youth, either by some unfortunate accident or by some unfamiliar malady, he found himself compelled to abandon the career for which he had been destined, and to forsake these elegant circles he had charmed so often by hisdelicate wit and irrepronchable grace of manuer. Leading physicians of the time exhausted their shill in unsuccessful effort. to restore his speech; his case was prononined hopeless; in the pleasures or distractions of travel be sought that forgetfulness of his misfortune which familiar scenes and faces might cender impossible at home.

He went to Italy. There, while wandering in some world famous gallery-I know not whether in Florence, Venice or Milan-he cheld for the first time a certain celebrated Madonua, a masterpiece of the grandest period of Italian art; perhaps one of those chefs d'œuvre wherein the painter has told the whole secret of his love, and through the idealization of a worman's worshiped face made manifest the holiness of beauty. Ascounded, fascinated, thrilled with emotion by the immortal leveliness of the work, the young traveler cried out in a voice that rang through all the colosal building: "Oh, que c'est beau! que c'est divin!" The passion nagic of the master 300 years entombedthe marvelous power of the long dead hand surviving centuries-had thus given strength

of utterance to the dumb, had unloosed the bonds of speech! Science may offer in these days a simple physiological explanation for similarly strange results of intense emotional feeling; but in the early part of this century, more than at present, such an occurrence must have seemed to religious minds supernatural, miraculous, a manifestation of beavenly mercy, a sign of the Celestial Will. Thus did the young nobleman, indeed, interpret this wonderful recovery of his spe ch; he forsook society forever and became a priest .-- Lafcadio Hearn in Harper's Magazine.

A Precocious Little Belle.

A young girl, certainly not more than 12 years old, was among the customers who througed a fashionable dressmaker's Penn avenue store a few days ago. She is the daughter of very wealthy and indulgent parents, and on this occasion, accompanied by her mother, she was about to choose a dress all by herself for the first time.

The child evidently had been a close student of her elder's behavior in a dressmaker's sauctum, for she examined more styles and fashion plates and patterns and other mysterious things than even a belle of a season would ask for, and nearly drove the obliging choice. She had chosen the material for the dress, and was still wavering between several styles of having it made up, when the dressmaker produced what she said was an Chap," One pound of boef, or three-quarexquisite novelty from the hand of the great Worth himself.

The girl looked at it, turned the sketch around, and curiously gazed at it from half a dozen points. Then she burst out enthusinstically with: "That's just what I've been wanting for centuries?" What a tailor made empress that child will

be at the end of another decade!-Pittsburg Dispatch.

Safe in the Steeping Car.

years in the service of this department have seen passed on the cars, and I want to remark that in no place where duty or pleasure cells me do I feel so saio as in a sleeping car. At home a burglar may enter and rob or murder me as I sleep; upon the street I may be run down and killed by any one of the thousands of fast moving vehicles; my hotel may burn, or I may fall a victim to the desire for vengeance of some one whom 1

THE CURIOSITY SHOP.

"Old Ironaldes"-When Built-Her Conmanders-Her Battles.

United States frigate Constitution. "Old Ironsides," was formally put out of commission at the Brooklyn mavy yard, Dec. 10, 1881. Her keel was trid in Boston in 1594, and she was launched in 1797, and start ed on her first cruise in 1798. In 1804, unde ommand of Commodore Preble, she bom barded Tripoli, silencing the guns of the casthe. On the 19th of August, under command of Capt. Isaac Hull, in an eugagement with the British frigate Guerriere, which lasted half an hour, the latter was completely riddled, and surrendered, the American loss being seven killed and seven wounded, the aggregated British Idea being eightythree. In the following December, un command of Capt. Bainbridge, der after a severe engagement, she captured the British frigate Java. In the following February, under Commodoro Charles Stewart, she captured the Pictou, a British war schooner. In February, 1815, she engaged the British frightes Cyano and Levant, and captured both of them. After the war she was used mostly as a training or school ship. In 1878 she was detailed to take goods of American exhibitors to the Paris exposition, and after her return was again used as a school ship, . The proposition to dismantle her and break up the hull a few years before the late war met with a storm of indignation, and the order was revoked by the govern

ment. The proposal was met by a stirring protest in the form of a poem by Oliver Wen dell Holmes, commencing Ay, tear her tattered easign down, which has become a standard piece of Ameri-

can literature.

A Realth Drinking Bird.

Aubrey, in his "Miscellanics," relates that "at Stretton, in Hertfordshire, 1648, when Charles I was prisoner, the tenant of the manor house there sold excellent cyder to gentlemen of the neighborhood. Among others that met there was old Mr. Hill, B. D., parson of the parish, quotidam Fellow of Brazennoso College at Oxford. This venerable good old man one day (after his accustomed fashion), standing up, with his head uncovered, to drink his majesty's health, saying, 'God bless our gracious sovereign,' as he was going to put the cup to his lips, a swallow flew in at the window and perched on the brim of the little earthen cup (not half a pint) and sipt, and so flow out again. This was in the presence of the aforesaid Parson Hill, Major Gwillim, and two or three more that I know very well then, my

cup is preserved there still as a rarity." Rationa in 1776.

neighbors, and whose joint testimony of it I

have more than once had in that very room,

It was in the buy window of the parlor, and

Mr. Hill's hack was next to the window. The

In a namphlet called "Correspondence and Proceedings of the Continental Concress, August, 1776," one of the interesting items is the minutes of the congress, specifying the amount of rations allowed the "Flying ters of a pound of pork, or one pound of salt fish per day; one pound of bread or flour per day; three pints of peas or beaus per week, or vegetables equivalent, at \$1 per bushel for peas or beans; one pint of milk per man per day, or at the rate of 1-73 of a dollar; one half pint of rice or one pint of Indian meal per man per week; one q tart of spruce beer or elder per man per week, or nine gallons of molasses per company of 100 men per week; three pounds of candles to 100 men per week for guards; twenty-four pounds of soft or More than half the nights of my eleven eight pounds of hard soap for 100 men per week.

Presidents and Kings.

The following are the countries having kings as rulers, and those having presidents; Argentine Republic, Bolivia, Chili, United States of Colombia, Costa Rica, Ecuador, France, Guatemala, Hayti, Honduras, Mexico, Nicaragua, Paraguay, Peru, Salvador, rule, but the patient's diet used not be so much restricted as in other highly febrile disordera. These who are habituated to the Netherlands, Portugal, Roumania, Servia, Siam, Spain, and Sweden and Norway are ruled by kings-17.



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use of stimulants should not be entirely deprived of them."

Brain Growth.

Nature, may be fairly regarded as representing the average brain volumes. It is ob-tained by multiplying the maximum length of the head by its maximum breadth and its maximum height above a certain plane. This result represents the contents of a rectangular box that would just fit over the head. This is only rudely proportional to the brain mass in individuals, but would be closely proportional to it in the average of many cases. Mr. Francis Salton makes an interesting report on measurements of the heads of Cambridge (England) students, from which the following conclusions have been deducted: (3) that while, in the population at large, brain growth ceases after the age of nine-teen, this is not true of university students; (5) that men who obtain high honors have considerably larger brains at nineteen years than those who do not; (3) that this predomithe age of twenty-five, the brain of the "high honor" man increases by about three per cent, that of the "poll" man by about six dications of good blood. Among those slain per cent, in this percid; (4) that of the "high honor" men are presumably a class both more precocious and more gifted than the others.

SOCIAL ETIQUETTE.

The Beautiful and Poetical Formality of the Wedding Ling.

The ring is a customary part of the marriage service; few churches reject this symbol, which is so significant of an unending math

In the older countries, and especially among the Germans, a plain gold ring with date and inscription is given to the woman as a sign of betrothal, and the same ring is again used at the marriage ceremony, after which a jeweled ring is added to guard that more procious bue which was used as a seal, and is to be wern always as a sign of confirmation to earlier but equally solainn prom-

In this country the engagement ring is, as a rule, a jeweled one, the diamond taking lead in preference, though other gems are admissible, and are at the present time om-ployed to a considerable extent. The fashion crat. is to have the ring set with a single gem, as a diamond, a sapphire, a pearl or any other stone that may be preferred. Whatever gem is selected for the purpose, it should be a fine one, and without a flaw. The conven-

Inezcusable Vulgarisms.

Do not say gents for gentlemen, or pants for pantaloons. These are inexcusable vulgurisms. Vest for waistcoat is almost universally employed in the United States, and perhaps established beyond reform, but in England it is rare, and considered vulgar. Avoid saying party for person; this is abominable, and yet very common. Don't say lady when you mean wife,

years of travel. The sleeper has two good sentinels to watch over me as I sleep, and I have come to consider that these palace car employes are as nearly absolutely honest as What is called a "head product," says La. | any class of people on earth. Time and time again small landfuls of silver have fallen from my pockets upon the car floor as I lay asleep, and in every instance the money has been gathered up and returned to me. rn take a sleeping car for safety before a hotel, the open street or even my own house, every time .-- Postoffice Inspector in Globe-Demo-

Prussie Acid for Dogs.

At the dog pound in Newark the other day nearly 100 dogs were killed with prussic acid Each dog was caught, his mouth pried open, and a liberal dose of the deadly poison poured into his throat. It killed in from fifteen to thirty seconds in every case. The strongest dog fell over on his side in twelve seconds, and afterward made only a few convulsive movements. The poiconing was done in the yard in the rear of the pound after nance is reduced to about half its extent at two of the attendants were nearly prostrated by the fumes of the acid indoors. Hardly a broken down in health. He took his poison without a struggle, licked his chops as though he liked the flavor, and in six seconds fell over and convulsively moved his legs. In seventcon seconds he was motionless and dead .- New York Sun.

One Man's Life Span.

Hannibal Hamlin is at present an antique. At a recent Fourth of July celebration he said: "Mark you! Within my own life, I have witnessed not precisely the discovery of the power of steam, but the application of all its powers, until it has come to that point that in a little while it will let us repose in quiet, and steam will run the world." It is a fact that one man's life, if as long as that of Mr. Hamlin, very nearly covers the age of steam. But the old man does not realize that a greater servant is already here, and we have entered a new age of electricity. Will one man's life span, or nearly span, this new era? It hardly seems possible that we shall discover any motive power greater and tameable. Yet, who dare say !--Globe-Demo-

Blondin on the Tight Rope.

Few persons of the hundreds of thousands who have watched Blondin's daring gyraa fine one, and without a flaw. The conven-tional wedding ring is a plain gold one, on the inside of which is engraved the date of the marringe. tions on the tight rope, have knowledge of the amount of paraphernalia necessary to make everything secure. The rope upon which Blondin walks is 1% inches thick and 200 feet long. The poles to which the rope is fastened are 15 inches in diameter and 75 feet high. The rope is tightened so that it is tense as a fiddle string by means of a winch. His balancing pole is 24 feet long, and it weighs 37 pounds. He wears fine calf skin boots while on the rope, which are consider-ably worn on the ball of the fost, -Once a Week.

> A brain might as well be stuffed with sawdust as with unused knowledge.

Liquor in the United States.

There were in 1887 207,994 registered dealers in all liquors in the United States; 79,-433,446 gallons of distilled liquors and 716,-707,000 gallons of malt liquors were produced in the United States during the year ending June 30, 1887. Mr. Edward Atkinson estimates the total annual direct cost of liquor to the public of the United States at \$700,-000,000; this amount does not include the taxes, criminal and pauper charges imposed by the liquor traffic.

An Estimate.

The only method of estimating the survivors of the civil war is as follows, but it is far from giving an idea of the correct number:

There were 2,772,408 men furnished to the war, according to the pension office records. There were killed in battle 61,362; died of wounds, \$4,737; died of disease, 183,287; total, 279,376. This would leave 2,493,033 survivors at the close of the war, but death has sadly broken these ranks since then.

Marks for Pacingos.

The letters "F. O. B." on merchandise intended for shipment mean "free on board." Cases so bargained for have had all charges paid upon them and may be stowed away without further delay. The letters "O. H." on express pockages mean, we are told, "old hoss," or merchandise of a perishable nature which it would be well to get off the agent's hands as expeditionsly as possible. These mystic characters are inscribed on packages of fruit, vegetables, butter, etc.

The Flag at Bunker Hill.

It is uncertain what flag, if any, was used by the Americana at Bunker Hill. The American Cyclopedia" gives a cut of a flag which may have been used there; it is blue with a red cross on a white ground in the upper right hand corner, the cross, on its right erm, bearing a pine tree. Three months after Bunker Hill, Putnam displayed a red fing bearing the mottoes, "Qui transtulit sustinct" and "An Appeal to Heaven,"

Tournaments.

early in the Twelfth century; they were pro-Libited by Henry II, but revived by Richard I, his son. They were abolished in France shortly after the death of the French king, Henry II, who, in a tilt with the Comte de Montgomerie, had his eye struck out, and received other injuries, resulting in his death June 29, 1559.

An Ancient Expression.

The origin of the expression "leave no stone unturned" is thus accounted for: After the battle of Platea, Mardonius, the aide of Xerxes, buried a vast treasure on the field. Polycrates consulted the oracle at Delphi as to the best means of securing the same, and received the answer: "Turn every stone."

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Jarvis' California Pear Cider.

This delicious summer beverage is made in California, from very ripe mellow Bartlett Pears. In the height of the ripening season many tons of pears become too ripe for shipping or canning purposes, they can then he utalized by pressing them into cider. The fresh juice is holled down two gallons into one, and is then strained through pulverized char coal. This heating, condensing and straining completely destroys fernentation, and the cider ever afterwards remains sweet and good and is a most healthy and nutritions article for family use.

Knowing there are many spurious elders sold in this market we offer the above explanation with the eminent testimonial of Prof. J. H. Long. Very Respectfully,

THE G. M. JARVIS CO., Sole Proprietors,

San Jose, California.

Chicago, July 7th, 1887.

I have made made a chemical examination of the sample of Jarvis' Pear Cider ibmitted to me a few days ago, and would report these points among others noted.

The liquid is non-alcoholic and has a specific gravity of 10.65. The total extractive matter amounts to 10.25 per cent., containing only .025 per cent of free acid. The tests show this acid to be malic acid as usually found in fruit juices. I find no other acid or foreign substance added for color or flavor.

I believe it, therefore, to consist simply of the juice of the Pear as represented,

Yours truly,

J. H. LONG, Analytical Chemist, Chicago Medical College.

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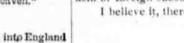
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