#### OLD FOLKS' HABITS.

STEADY WORK, AN EVEN PULSE AND REGULAR LIVES

Are the Potent Factors That Make Old Age Possible in New England-People Who Have Survived in Spite of Doctors'

Poor Richard's "Early to bed and early to rise," etc., never had a better itlustration than The Globels old people have given it. | considerable quantity of mucus spread over Not only have the farmers and their wives | and adherent to its walls. If food enters at been early risers, but nearly all who have fol- this time the tenucious mucus will interfere lowed other occupations have been also. If | to some extent with the direct contact beobservance of Franklin's maxim has had any | tween the feed and the stomach necessary to predominant effect conducive to longevity, provoke the secretion of gastric juice. A blow at the theory of some physicians, who claim that man should not go abroad in the in a continuous and uninterrupted flow. It morning until the sun has been up long partly distends the stomach, stretching and, enough to dissipate the noxious vapors which have risen from and overhang the earth's thins and washes out most of the tenacious sairfuce during the night.

So murked were the instances of early rising and refiring that The Globe made a list of persons who may be said to represent the lift is cold; it causes periatalsis of the aliextraplists of at least the first lines of the maxim, and found that out of about 2,000 persons whose limbits of life were intelligently set forth in the blanks 550 men have been throat halife in the habit of lying abed not 1 later than 5:30 o'clock in the morning, while most of whom stall continue to do so. These are the people who were trained from youth forest built our roads, founded our towns, estable and our school system, and from the in native deliness of their country homes sent 1 into the world the sturdy young men, the be rolly all select young women, with whose inthat the town became the city, the city a c. h. metro dis, and a profitable market was cre- to a see, in that it is matritive and excites and for the products of the farms they had I have of gustric juice."-Scientific Amerihelt, and the money made in mercantile life | Cub. went to ke to the tillers of the soil and our infand commerce came into being,

One correspondent, writing from Newmark. N. H., gives a good idea of the cirerrors of some of the old people he has reen. I refrances one or two ideas not unsapare d by medical opinion. He says: "I e also stend names almost indefinitely of mon at large living on an abandance of plan food, hard workers, no liquous, regubeir habits, who never the from disease, toth only as old age takes them off. I include regular church attendance, be ause I believe that to be an important matter as giving space of mind, contentment and hope comble to longivity. On the other hand, I could formish a large list of persons cho, other fidings being favorable, have menodives with Biquer, eider, irreguhorny in enting, working and sleeping; some living to your age but niways sickly. Men and we mer living in the neighborhood, who love you?" have been temporale in all things, never die. if they example consumption, except from balls or other neutre disease. Almost every it radiouse that has remained in the educady for a century will be a home for The rolls one point which I have tried to bring out in this canvass among the old she hughed as heartfly again. r corac condents and with the same may entertain about most income and the cartribuent of life by the use of tobacco, Among the very oldes of the people interviewed between 50 and 100, the men have been made red to the use of tolences, in the melority of casos, since no carry age."

But our returns full to show that any considerable anather of the old geople ever made habitual nee of liquor through life; and it much be borne in manual that the Medford rum of our renal allers and other hipsors lause and better than moreova-twentieths of the Equer sold today. One hundred and afty of the old combined say positively that they nover and Henor or tobacco in any form, 93 confess to the use of higner only, Il to the use of teleproperly, while 54 relimit baying made is difficult use of both liquor and tobacco, though instances of immolerate uso of liquid are very rare. We cannot think these the area necessary, as it is doubtful if this subject was theroughly canvas al, but it is safe to say that a very small proportion of the men and but a trivial number of the women made habitual use of liquor and to-

It is enrious to note, by the way, that menty of the men who used liquor only in early line coased using it entirely, while of the men who used liquor and tobacco nearly all who disturded liquor clung to the tobacco habit. Cider, forty-four men say, they have drank to years, but the effect of hard eider upon the constitution cannot be learned from The Gloos drunes until some of the formers that had nothing to say on the subject are

The . disties of women who made habitual use of 1. mor or tobacco are more incomplete than of the men. Unly three were willing to say tha they had used smuff-which must be a very small proportion of the correct number-ing eleven admit having smoked, which

propose a, too, must be small, With exceptions so few as to be not worth records; man rically, the old people upon the line two had three meals a day, at regu-In hour, of substantial food through their lives; and, what is more interesting, ninetenths of them sill continue to cat heartly, and of mantever they like. It is a hygienic law the three light meals a day are better for elderly people in health than one heavy one, and our old people, of course, are simply following the distance of nature, while at the some time they prove the fruth of her teachings. T. a and coffee, too, they use, one or the other, but most of them both, with only about a dozen exceptions. Some have taken to drinking these beverages late in life, but not enough, we may infer, to affect the acencrees of the statement that nearly all of

them have been test and coffee drinkers.
Of vertarians but nine are mentioned, five men and four women. Two women sat no ver tables, one cats none that grow above ground, one entano fish and one cats no ment. To sure up their table habits, our octogenawhile the rost of the family have, in youth

corded. Time a milk contains very little fatty matter, and channed milk closely resembles it; and the remain consists in living for a time exclusively on skimmed milk; no strength is ing by the natural process of digestion, and the surplus nationent gained by thus furnishing the somach with what it can digest with little effort goes into the blood and builds up the system; and, as one writer says, "the effect of thus returning to the simbeautifully filmstrates the chemistry of the fiving bedy."-Boston Globs.

our country without Christian missionaries. Times.

DRINKING BEFORE MEAL TIME.

Directions Which May Be of Great Value to Dyspepiles-The Morning Glass.

An acquaintance of the writer, who has suffered sorely from dyspepsia for a number of years, and has tried most of the numerous mended for her relief, hands us the following article from The Medical News, with the request that it be be printed in The Scientific American. Our dyspeptic friend has found erest relief in following the directions, and it is hoped others may be also benefited.

"In the morning the stonmeh contains a the fact we have just stated sixikes a hard | glass of water, taken before breakfast, passes through the stomach into the small intestines to some extent, obliterating the ruge; it mineral it increases the fullness of the capillarges of the stomach, directly if the water is warm, and indirectly, in a reactionary way, mentary tract, wakes it up (so to speak), and cives it a morning exercise and washing.

to feeble my to make reaction improbable, s hostid not risk it in advanced age, nor his women always have risen before 6 a. m., in the nable, whether old or young, nor should it be given in local troubles, like monde mastric catarria. In these cases it is to get a grip on the day's work that did not bed to give warm water or hot water. The loosen until it was done; who cleared our relation of salt is very beneficial. Such a they benered custom as drinking soup at the morning of a meal could only have been so trially adhered to because of it having a found by experience to be the most approvide time. It does exactly what warm vater, with the addition of salt, does,

Experience Under Ether.

Exery one who has inhaled ether feels that he has me of through a remarkable expehetlar of a disagreeable nature or enas Sometimes the vapor carries in the most delightful sensation, and is only productive of the horrible. in the least is "going off" or returning and as, he often indulges in absurd

lanc's my blue bonnet," said a lady, her eyes after some time spent in a chair, "so I can't be dead; that and it have been waiting for me in

on recurring to consciousness, at seeing the ally take of her physician bending over re, of er she had been floating off into space, t are size exclaimed excitedly, "O, doctor, I

iterly, and the loss since declared that she was som my with blin for under estimating the importance of her statements that she kept on wildly insisting, "But you don't under-

ing excellent company for Conground girl, compelled to go through a each other mal the happinst families that can | painted sagrical operation, began laughing be found. No danger of fittal towe and revelenced immediately as seen as the other affected evenes of ling out in such families as these," her. After her recovery, she was asked to

dared. "I accured to be crocheting, and there was a big musquitogoing in and out with the loops. Oh, it you could only have seen how furney he looked!"

From which it may be inferred that other, in common with bashish and opium, has the power of investing the simplest objects and inancimings with some about characteristics. A gestleman who had inhaled other for the purpose of having his teeth extracted, says there was some delay in the course of the operation, and when the last teeth were

pulled he had begun to regain consciousness, "I beit no pain," be says, in describing his sensations, "last I felt the jar when each couth left my head. But all the time I was drenning that I was whizzing through the country on a lightning express train. "At intervals some one threw a huge log acress the track, in from of the engine, and

we went over it with a bump and jolt. Not until afterward did I realize that the jar was that of a departing tooth."-Courier-

What the Typewriter Is Doing.

The typewriter is creating a revolution in ask of correspondence, and filling the century with active, competent young ladies who are establishing a distinct profession, and by using into our business offices, lawis versing a perceptible change. The field is will ming dully; not from crowding out of larges young men who have been in | pieces, to of claiming a pre-emption for elerithat all descriptions, but in creating be called so, has come from the disto business men of an ability of they were measure until the great me and excellent work of the type- lanta Journal. arred them to it.

et of dictation is almost a new art, spreading rapidly, and business men inning to understand that much of is has been wasted in the mere meal curiodity, today its monotonous chak can be heard in almost every well regulated business establishment in the country. A great revolution is taking place, and the Art Journal.

Methods of Long Range Shooting.

To the general public the interest in Creedir was due perhaps largely to the picturthe features of the contests. It was a striking novelty to see men shooting at a nearly vesible target, and, in so doing, getting into all kinds of awkward, uncouth attitudes. The man who made a bull's eye at 1,000 yards received as much credit for his effort on achis fault less aim. And on the other hand, he who missed at the same distance had symparlans as a whole have esten and drunk just | thy mixed maybe with condemnation be- | the grande reportage. - Chicago Times, cause he lay on his back and rested the muzzle of his gun on his toes. But after a few contests the novelty of the methods was of not greater interest than the sport itself, for much energy and wasto too much force on quizes the story teller, "what more is life to people soon familiarized themselves with the the stage, but I know better. One can do thee? He who has had, has had, "-Home difficulties of long range shooting, they be- nothing without a degree of enthusiasm. Journal. lieved they understood its peculiarities, and Now, I have a terrible time with my tenors. they talked as learnedly about it as they do now about balloon jibs and recker keels.-

A Popular Fashion.

New York Sun.

A popular, but silly, fashion is to stick a lot pie nearli-lament of childhood strikingly and of imitation bugs and spiders on the large silk umbrella shades for high standing lamps which are now so extensively used in drawing rooms and libraries, and which make There are sixty-eight tribes of Indians in euchre parties so picturesque.-Chicago

A TRYING ORDEAL.

HOW A COLLEGE STUDENT SUPPED WITH THE PRESIDENT.

remedies a host of kind friends have recom- The Boys Rob the Henroost of One of the Faculty-A Nice Young Man Caught in a Trap-Before the Faculty-The Refinement of Torture.

> In the early years of this century, when log houses were good enough for the average Georgian, a certain doctor presided over

The simple habits of their dignified sires did not prevent the boys of those days from having their fun-indeed, they carried on an amount of devilment which the college boys of these times would consider respectable.

The boys thought that anything was fair which would make one of the faculty the victim of a joke, and on one occasion they laid a dark plot to rob the doctor's poultry yard and afterward celebrate the event by a midnight banquet.

The doctor's chickens were the pride of his domestic establishment, and he had built for their accommodation a log house. The logs were "notched down" at the corners and held in place by their own weight and the roof.

At a late hour the boys repaired to the hen house, armed with a fence rail. It was an easy matter to insert the rail between two logs and prize up those above, so as to make an opening through which a man could crawl. A dapper young fellow, who had visited the doctor's daughters, went in and began to pull the chickens off the roost and wring their necks. While he did so the boys outside kept their weight on the rail, and so kept the crack open for his escape. The nice young man, whom we will call Bob, had dropped about a dozen chickens outside, and the whole crowd was in high glee over the prospective banquet.

DANGER AT HAND. Just then a big, old rooster crowed.

"Look out, Bob; break that rooster's neck and stop his noise." "Sh! What's that?"

There was a low growl. "Boys, you have let these logs down too low; lift them a little so I can get out. Be

quick about it." At that instant there was a loud bark and a big dog bounded into the poultry yard. The boys on the outside for an instant stood their ground. They dropped the rail and they grabbed chance weapons to beat off the dog, but before they could disable him the door of the doctor's residence opened and his tall figure appeared. The boys scattered, all

The logs had come together again and Bob was a prisoner. He crouched in a corner and held his breath, hoping that he would be overlooked, but the dog told where he was. By this time the doctor had come up and other members of the family came out, eager to see who was caught in the man trap.

"Why, it's Bob." "Who would have thought it?" The exclamations were heard in the house and echoed by the young ladies. Then the door of the log house was opened and the young man was sent to the dormitory. He was called before the faculty the next morning. The poor fellow would have sold himself for a song, and expected to be peremptorily expelled and perhaps prosecuted.

THE DOCTOR'S CONCLUSIONS. Meantime the doctor had thought the matter over. He was a man of great sagacity in the management of boys, and he recognized this freak as a piece of wild mischief which might not be meanness. He resolved to give the matter such disposition as would put a sober head on the young man. Accordingly, when Beb appeared, looking like a criminal, the doctor lectured him severely, but in a fatherly way, and told him that such an offense must not go without a severe punish-

Bob expected the sentence of his expulsion. With measured tones, like a judge pronouncing the death sentence, the doctor said:

"Mr. ---, I will expect you to take supper with me to-night, and, as you show a fondness for chicken, the fowls you took off the roost last night will be on the table."

Bob would rather have been expelled. But for the distress it would cause his parents he would have gone home. In spite of his larks there was good stuff in Bob, and with a tremendous effort he resolved to face the music. It is impossible to describe the mental ag-

ony Bob went through that evening when he sat at the table where the doctor presided with courtly dignity.

His elegant wife could not have been more courteous to an honored guest than she was to Bob, and her daughters treated the young man as cordially as ever. Not a word was said about the affair of the night before, but yes chees, editorial mactams, etc., an ele- the la codish of chickens was like a mountment of decency, purity and method which | ain in the poor boy's eyes. It was the refinement of torture when the doctor, with the utmost suavity, helped him to the choicest

The situation, which, under ordinary circumstances, would have been ludicrous, by new positions. The revolution, if | under the dector's composure and his wife's tact was carried almost to the pathetic.

It was a lesson written on Bob's memory in burning letters, and he never forgot it .- At-

After Spies in Paris.

In Paris there is a reporter who plays a unique role-even in French journalism. He is the "monsieur qui suit les femmes." And drudgery of letter writing, and that he does it most assiduously. Once on their employing a competent amanuensis track he never takes his lynx eye off them. a now enabled to get off their corre- Night and day, note book in hand, he follows se with the least possible friction and | them up. But not with the same object as is a mount of time. Whereas, five the male pest of the street or the area sneak. go, the typewriter was simply a me- He is animated with nothing but the purest | province of Abruzzi. Among the fables are patriotic motives. He is, in fact, on the lookout for foreign spies in petticoats. Any are the common property of the whole world. woman who looks Teutonic in appearance is The one about the creation of animals in the labeled as a suspect whose movements are Garden of Eden and the age of man bears retypewriter is at the bottom of it.-Penman's closely watched and afterward recorded in peating. After the animals were created, so The Lanterne, the journal which is fortunate | the story runs, they thanked God, and asked enough to possess this reportorial musquito. him what their fate was to be. When they Up to the present he has succeeded in bag- learned that they were to labor and suffer for ging two victims, whom he concluded were twenty years they each prayed to live a emmisaries of Bismarck in disguise, because they never passed French soldiers without the case of the ass, the dog and the ape looking at them, and kept up a mysterious When man was created and learned that he relationship with a "mensieur blond." The was to live but twenty years, he begged hard spy mania has, therefore, advanced a stage. for a hundred years, and finally the Creator Any foreign women in France, because, for- gave him the thirty years that the animals sooth, they look interestingly at French sol- just named had refused. So it comes about count of lying on his stomach as he did for diery, or hold any communication with a that man's first twenty years are his happy "mensiour blond," are liable to be hunted ones; then comes the ass' ten years of labor; down by the cavesdropping representative of domestic cares and children fill the next

Emina Abbott's Tenors,

When they are singing their love passages they forget and don't look at all loving. Now, for 'Ruy Blas' I have been over and over again the love passages and drilled and drilled so as to have them perfect, and I keep me one nice sharp little finger nail, and when we are on the stage if they don't look loving I just remind them. They know what

that means." "That's why your love scenes are so real?" "Why, of course it is."-Nashville AmeriA MODOC WARRIOR TALKS.

Interesting Interview With a Member of the Once Famous Tribe of Indians. The Modocs on their native heath were as

determined a tribe of Indians as ever attempted to remove the dandruff from the heads of their white brothers. It cost millions of money and dozens of valuable lives to subdue them when they put on their war paint a few years ago and commenced to raise Cain and the hair of the settlers. No tribe of equal number ever cost the government half as much trouble as the Modocs, The remnants of this once powerful tribe are being slowly extinguished by intermarriage and consumption on their reservation in Ipdian territory. Two of their number, William Clinton and the historic William Feithfull, called at our office the other day. The former is a bright young man, who was but a child when his people were wrestling for supremacy with the United States government. He is well educated, speaking and

writing the English language faultlessly.
In speaking of his people he said: "There are not many of us now, death having reduced our number to less than ninety, and in a few years we will not have a living representative. The climate does not agree with us at the reservation and many are slowly dying from consumption. I believe if they were brought back to California they would recover. I came out here fourteen months ago with five of my people whom it was thought would die before they reached their old home. Only one died and the other four have entirely recovered. I am going back to-morrow to sell off my possessions and will return with as many of my people who are sick as my money will bring."

Clinton spoke with feeling, and seemed to be anxious that his tribe should not become

Accompanying Clinton was William Feithfull, who said that he also was on his way to the Indian territory. Feithfull is well advanced in years, and his stiff, wiry hair will soon be gray. During the Modoc outbreak he fought from the opening to the close with Capt. Jack, but seems to have had more honor and principle than that noted

Through Clinton as interpreter he spoke freely of his part in the war. He can speak very good English, but says he hates to use the language of a race that has done him so

"We were being wronged," said Feithfull, and had to fight. Afterward we were sorry we had started on the warpath, but were afraid to stop, for Capt. Jack said we would be killed anyway, and might as well die fighting. Lots of times some of us would go to Jack and say that we would fight no more, but he would make a long speech, and we would agree to fight on. When Capt. Jack planned to deceive the peace commis sioners and murder them, I made up my mind to go and warn them, but I was watched so closely that I could not get away. I then sent a squaw named Toby Riddle, and she warned Col. Meacham, but they believed in Jack, and not in me. Dr. Thomas was killed. Col. Meacham was in Indian territory afterward, and gave me \$10 for saving his life. Lots of times I could have killed white men, but never did. I have one squaw, and am going home to get her out here where she will be happy. I have no children."-Yreka Union.

How Governor "Bob" Stewart Got Even. An old citizen, a gentleman of high social and official standing in St. Joseph, tells a story of the famous Missouri governor, Bol Stewart, which, true to the letter, proves that fact is stranger than fiction:

"I was coming up the Missouri river when I was a boy," said the ex-governor, "and I was working my way on a steamboat. At a point where we had to wood up I didn't carry as big a load as some of the roustabouts, nor move with that agility that the others did, for I was not strong, and had been tenderly raised. The mate became enraged at my slow movements on the gang plank, and he gave me a kick and sent me ashore and confiscated my buffalo robe as payment for my passage to that point. I never saw that metagain until I had been inaugurated as gov ernor of this great commonwealth of Mis

"One day, wandering through the wards and districts of the penitentiary, I saw that mate working at a forge. He had been sent there for killing, in a passion, a man under his command. I knew him instantly, and I directed the warden to send the man to the gubernatorial mansion in the garb of a gentleman. When the man arrived I took him into my private office and asked him if he recognized me. He replied that he did not. Said I: 'Do you remember one time, and at such and such a place, of hicking a boy and sending him ashore who had been working in your gang!

"The man said: 'No, I don't remember it. but it is very likely that I did it.' "'Well,' says I, 'I am that boy and here i your pardon. I always thought I would get

even with you.' "The tears came to the old man's eyes, and he said: 'Well, governor, to be a mate in those days a man had to be a dog.' "'You played well your part,' I said. 'Now, leave here, and don't let me see you

"As he made his exit I gave him an able bodied kick, and little Bob Stewart had got even with that big steamboat mate. "Sounds like romance, don't it? Yes, But every word is true, I need barely say, sir."-St. Joseph Gazette.

again.

A Folk Lore Story.

Signor De Nino has made another collection of the folk lore stories current in the quaint versions of some of the legends that shorter time, and ten years were deducted in period, the dog's ten years; during the division that follows the children marry and abandon their father, and in this way the "My husband tells me that I throw too ape's ten years clapse. "After fifty," solilo-

The Buzzard and the Fox.

A Fox who was Crossing the Fields one day Encountered a Buzzard, who not only Jeered and Insulted him, but actually Dared him to Combat. A Peasant who came upon the scene Expressed his Surprise that the Fox should Submit to such Conduct, but the latter replied:

"An Enemy not worth Burying is not worth

Moral.—That's why so many Loafers remain Unthumped.—Detroit Free Press.

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