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—BY THE—
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Have They Followed Suit?

So noticeable a change for the better as is shown in last week's Herald is remarkable, and leads thinking people to speculate as to the probable cause and results in the query "Have they followed suit?" Only two weeks ago the Republican announced that it would rise from out the filth and slime in which it had dwelt for so long, and strive for a higher and better plain of existence, and so the question is asked "Has the Herald followed suit?" Would it be wrong to suggest that after years of "trumping" in sinful debauchery—after having stooped to and tarried with every form of sinfulness—had lied, cheated, stolen, robbed, dabbled in all the known sins and felt vexed because there were no more in which to revel,—would it be wrong to suggest that for once they should "follow suit" just as a novelty for nothing else? Though many higher and better reasons might be presented.

The good book teaches that none are so wicked and sinful but that repentance may be the redemption, and we are in hopes that this is the Herald's determination. A person created without a natural desire to do good should early seek to follow some one who is not so unfortunate or who has repented and is traveling the straight and narrow path to future good and future greatness. Repentance never comes too late though it is ever so slow or so tardy so we consider the best course for the Herald is to "follow suit." We can point with pleasure to the beneficial results of following or taking part in after better or greater examples than we are capable of setting. It is sorrow and regret that is expressed by those who have gone from the good to the bad, but all is joy and thankfulness that is expressed by those who have come up out of sin into the light of truth and right. Try it Mr. Herald. Come up and enjoy the benefits of the beautiful sunlight of a peaceful conscience and the joy that comes of right doing. Lay aside for a while at least, those abusive, degrading desires and be a man. Step out upon the higher plane that has so long known you not and try the effects of fresh air on your "spirit soaked carcass," and enjoy the peaceful pleasures that accompany a determination to do right. "Follow suit" and be convinced of the beneficial results.

Chewing Gum Hurts the Eyes.

"If the girls only knew that their eyes are being ruined by chewing gum, they would shrink from it as they would from a viper" said a hestnut street Optician yesterday. "We all know to what an extent this chewing gum is carried on, and what a nasty habit it is. I would advise all girls to stop it at once. If they have a big wad in their mouth while reading this interview let them throw it out and 'swear off' as the drinkers say, for in one respect these dainty girls are like drunkards. If they are chronic gum-chewers they are heir to the infirmities that afflict the chronic whiskey drinkers. I have three girls who were addicted to the habit, but I broke them from it after a great deal of persuasion and some trifling punishment. The oldest girl has evidences of the habit though, and will carry them to her grave."

"How are the eyes affected?"

"Well, the muscles of the jaw connect with the spine, and from the spine there are little fibrous tissues running in all directions. A number of these extend to the eyes and are called the optic nerves. Now, if you will watch a person eating, you will notice a palpitation of the temples when the lower jaw moves up and down in the process of mastication. This is caused by the working of the optic nerves, which keep the inner part of the eyes in motion, and exercise the nerves as much as is necessary to keep them in a healthy condition. The nerves are more tender and sensitive to a degree than one would imagine. When they are overworked they become shrunken and enfeebled, and then the process of deterioration in the eyesight begins. Of course the shrinking of the nerve draws back the eye into the socket, and as it is connected by slender threads of tissue to the pupil of the eye, this also becomes affected. The consequence is that the eye becomes weak and loses its color, it becomes an unnatural-looking gray, and the vision is so much impaired by it that eye-glasses must be resorted to."

"One of my girls wears glasses just because she chewed so much gum. Her eyesight is practically ruined, and she now rows' feet wrangles about the outer corners that are caused by the flesh of the cheeks being forced upward by the action of the jaw. She is also troubled with indigestion from the same cause."

These are all symptoms exhibited by a person who drinks whiskey plentifully, and hence the comparison. Parents ought to take this matter in hand and see if they cannot rid their girls of the habit. It is a filthy one, outside the terrible effect it has upon the human system. If the parents will keep from their girls some of their little perquisites until they stop chewing gum, they would soon give up the habit."—Philadelphia Record.

Some Little Things.

See to it that the children thoroughly warm their feet before going to school, and on returning home. They are seldom disposed to do it themselves. Many a serious cold, or other inflammatory attack, might be prevented by attention to this precaution.

Teach the children, when out of doors, to keep their mouths closed, and breathe through their nostrils. This prevents the air—the temperature of which may be zero—from striking directly on the tonsils and the larynx. As the nasal passages are kept constantly warmed by the breath from the heated lungs, the inbreathed air is warmed as it passes circuitously through them.

Children who are liable to inflammation and swelling of the tonsils, or to troubles of the ear, should wear hoods that come well down on the forehead and well down on the neck. Hats are dangerous for such children, and so are bonnets, unless care is taken to bring them well down over the sides of the head.

In our cities and large towns especially, children are inclined to sit together on the stone door steps, which are often ice-cold. This practice needs to be guarded against. Every thoughtful mother will readily see how dangerous it is for her girls.

On returning from a cold walk or ride, throw off all but the home clothing at once. The outer clothing is nearly at the temperature of the outside atmosphere, and, if kept on, must absorb much heat, which might otherwise come to the wearer immediately.

In dressing and undressing in a cold room move about as little as possible when the slippers are off. The carpet just under the feet is warmed by abstracting heat from the feet, and the person has the advantage of it while every change takes additional heat to warm a new place. In undressing keep the slippers on as long as convenient; in dressing put them on as soon as possible. If a chamber is without a woolen carpet, be sure to have a woolen mat or rug or bit of carpeting near the bed on which to stand.

All slippers for use in cold weather should have extra inner soles, to lift the feet from the cold floor and retain the natural heat. Where nothing else can be had, such soles can be cut from cardboard, and a thickness of woolen cloth should be stitched on either side.

For women in the kitchen slippers made of woolen uppers and thick felt soles are desirable. Slippers are preferable for home use to buttoned boots, as they facilitate the warming of the feet, which is otherwise apt to be unduly neglected.—Youth's companion.

A Long Winded Orator.

Long speeches are common. In the Georgia legislature, when the question of expelling the negro members was up, Aron Alpeoria Bradley spoke four days. The Tichborne trial brought Mr. Kenaley to the front with a speech running through 140 days. But these speakers did not talk continuously. Adjournments for dinner and over night, and for Sunday made their work easy.

The longest speech on record, says the Chicago Times, is probably the one made by Mr. Le Cosmos, a member of the legislature of British Columbia some time ago. A bill was pending which, if passed, would deprive many settlers of their lands, and the temper of the majority made it certain that it would pass. The legislature was within a day and a half of the hour of its final adjournment and the vote was about to be taken.

At this juncture Le Cosmos rose to address the body. It was ten o'clock in the morning, and the members thought that he would finish in an hour or two. The clock struck 11, 12 and 1 but the speaker kept right on.

How long would he speak? The members in a spirit of fun omitted to adjourn for dinner, but Le Cosmos spoke on without a break. At 6 o'clock he was still on the floor. He was forced by the speaker to stick to the question and was not allowed to pause except to take a drink of water. The majority decided to continue the session through the night shipping out in small parties to eat and sleep. Still, without faltering, the orator poured forth his torrent of words. This was the situation at midnight, and also when the morning sun flooded the hall with the light of day.

As the hour hand of the clock pointed to 12, the limit prescribed by law, the session had arrived and the leg-

islature adjourned sine die. At the last stroke of 12 the brave Le Cosmos stopped in the middle of a sentence and fell fainting in his seat.

He had spoken, standing on his feet, twenty-six hours. His eyes were bloodred and red, and his parched lips were cracked and running blood. He was nearly dead, but he had prevented the bill from becoming a law and had saved the settlers their homes.

Glen Items.

The following items from Glen were received last week but too late for publication.

T. Mason is getting out logs for lumber to finish his house.

Mr. Herald the Mud Ring did well but did it honestly, and if it hadn't been for the sudden increase in population in Running Water precinct, and throwing out of honest votes, would have done better.

James McFarling has lost some of his horses, caused by too much free range.

Joe Becker lost a horse a few days ago. Mrs. Mary Kreeman has nearly recovered from her late illness and will start east in a few days on a visit to her parents in Illinois.

Jack made a good run but the odds were too great.

Our old friend Hank Rodgers is keeping very quiet these days.

Yes the Mud Ring got downed, but then we are noted for our staying qualities and will be with you again next fall and perhaps the "gang" will not pull together so well then as now.

Several of the voters in this precinct doubtless intend to stay on the winning side, judging from their actions on election day.

MARRIED—At the residence of the bride's parents, Sunday, November 18th, Mr. Joseph Becker and Miss Emma Kemp Justice Mason officiating. After the ceremony a bountiful repast was spread for the hungry, consisting of pies and puddings, a wedding cake many feet in diameter, roast beef, baked turkey and other good things too numerous to mention. Every thing went merry as a marriage bell, except in choosing partners for supper when the young folks thought they should be allowed to choose for themselves and plainly intimated as much. We congratulate you Joseph and wish you a bright and prosperous future. Here's to long life and success, and we earnestly hope your troubles will all be "little ones."

Meluncye.

Mr. Klein has not got his job on the railroad yet.

The log contract is let. Mr. Miller of Soldier creek got the biggest part of it and Harry Rodgers got the balance. We understand at less than \$3 per thousand. Hope you will make money on it.

J. T. Mason and McFarling are cutting logs up the river to make a setting. Mr. Jewit would like to see the logs roll in along White River. There is another setting on postmaster Jensen's place.

M. H. Green has a large setting of logs ready for the mill on his place.

John Shay has a set of horse logs hewn and on the ground ready to put up a house on his homestead.

Johny Wall sold all his things, broke up house-keeping and gone to Arkansas.

We think it's about time for this rowing to cease on the river.

J.

B. E. Boynton, the president of the Settler's Union in Webster county that has been fighting the Les Moines River land question in the courts for several years, recently fought a battle for his lands from the assignment of the Les Moines Railway and Navigation Company. It was supposed that he had given up the fight, but he has published a card, in which he says he was compelled to buy the title of the company or be ejected. In his card he says: "I have spent part of two winters in Washington, D. C., searching the records, and find that the books in the General Land Office show this land to be Government land. I have consulted the best legal talent the country affords, so that I have become thoroughly convinced that the pretended title of the River Company is a fraud. I propose to continue the fight until the question of title to the Les Moines River lands is settled by the General Government."

W. R. Smith sold last week, to Mr. J. L. Kay, of War, Bonnet, his fine Norman-Morgan stallion, John. We have known this horse for several years and his record as a sire of good desirable work horses can hardly be excelled. He is a dark bay or brown, sixteen and a half hands high and weighs between 15 and 16 hundred pounds. Mr. Smith has a fine Percheron stallion that he intends to keep for use here.

Homer, Priddy furnished this office with a load of genuine pitch pine wood.

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