SEVENTH

Annual Tournament

Nebraska State Firemen's Association, to be held at Red Cloud,

July 16th to 19th,

PROGRAM.

First Day, Tuesday, July 16.

Reception of Firemen,
Meeting of Board of Control at 8 p, m.
Serenade in evening, Red Cloud Cornet band.

Second Day, Wednesday, July 17.

Grand parade at 10 a. m. Best appearing company, Silk Banner. 1 p m Green hos race. First prize. $75, 2d 50. e

2 p m,----Green hook and ladder race, 1st prize $75, 2d prize $50.

3 p m,----Chief's race, prize fine 32 comb Firemen's Helmet Hat, valued at $15.

4 p m- --Foremen's race, prize, fine belt, valued at $5

Third Day, Thursday, July 18,

10 a m,----Hose race, 39 class, first prize $100 2d prize $50.

11 a m----Hook and ladder race, 44 class, first prize $100, 2d prize $50.

1.30 p m,----Ladder climbing contest, Firs prize handsome tournament ladder, valued at $50, 2d prize Silver Cup.

2.30 p m,----Coupling contest, first prize, State Championship Medal and $15, 2d prize $10 3d prize $5

p m,----Champion wet run, 1st prize $75 2d prize $50

Fourth Day, Friday, July 19.

10 a m----Pompier corps, first prize $50. 2d prize $25

11 a m----Tug of war contest, first prize $10 and State Championship Trophy, 2d $5

1:30 p m----State Championship Hose Race first prize, 150 dollars and State Cart, 2d prize 75 dollars.

3 p m----State Champion Hook and Ladder Race, first prize 150 dollars, and Champion belt, 2d prize 75 dollars.

Reduced railroad fare, special hotel rates, Liberal premiums.

For full particulars, address A. J. Tomlinson, chm. ex. committee, Red cloud.

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THE FAMILY PHYSICIAN.

An Earnest and Able Plea for the Prevention of Disease.

He should have constant opportunity to know just what is the physical condition of each member of the family in the absence of any manifest evidence of disease. To this end periodical examinations should be made of such a character as to reveal any lurking morbid tendency without waiting for its development into actual disease. There should be no such a thing as a discoverable affection remaining undiscovered. Death from *unsuspected* heart or kidney disease, for example, should cease to be possible. There should be no more histories like the following, now so frequently repeated:

A person supposed to be in good health is hastening along the street, perhaps hurrying to catch a train. All at once he is seen to stagger and fall. Passers-by rush to his assistance, but he gasps a few times, and, before any aid can be rendered, he is dead. An autopsy reveals that he had fatty degeneration of the heart, and the extra demand made upon the heart by the unusual exertion was more than its enfeebled walls could respond to. He was not aware of the existence of this condition, but if his doctor had merely laid his finger on his pulse his suspicion would have been aroused, and listening to the heart would immediately have confirmed it. By proper treatment and the avoidance of severe exertion the catastrophe might have been averted for many years, and the usual limit of life might perhaps have been attained.

Or again, a gentleman who has thought himself quite well goes as usual in the morning to his place of business. A few hours later he is brought home in a carriage in a state of unconsciousness. In spite of the most prompt and judicious treatment he does not recover from his coma. On the contrary, convulsions set in, and in the course of a few hours he dies. Unknown to him or to his family he has been suffering from Bright's disease, the symptoms being latent up to the last moment. Yet a very simple examination would have revealed to his doctor the actual condition of affairs, and by proper care and proper treatment the fatal termination might have been almost indefinitely deferred.

The records of examinations by the physicians of life insurance companies show numerous instances in which very serious disease exists without being suspected either by the patient or his friends. This fact, in addition to the frequency of cases such as those described above, is enough to show the extreme importance of a system by which the actual condition of persons not consciously ill should be periodically investigated.

In view of this it should be a part of the duty of the family physician to make a thorough physical examination of every member of the family at least twice a year, and in the case of a feeble or delicate person at much shorter intervals. The results of these examinations should be fully recorded, and the record kept in possession of the doctor, to be transmitted to his successor. A record of this kind would possess immense value, not only for the persons immediately interested, but also for their posterity. It is by knowing the vital history of the parents that we know what to expect in the children. Heredity is an influence which it is difficult to estimate, for the reason that the absence of records prevents our tracing it backward in the family history. Yet we know that this influence may shape the physical destiny of generations to come. Dr. Holmes has said that the proper time to begin the treatment of some diseases is a hundred years before the birth of the patient. He might have added that the treatment sometimes needs to be continued for a hundred years after his death.

But the opportunity afforded to the family physician to ward off injurious influences from those under his care might be extended much farther. It should be within his province to indicate what occupations were suitable to a given youth, and what, in the interests of his health, should be avoided. He should be able to prevent a feeble, ill-nourished, narrow-chested lad being put behind a desk in a counting-room, where the tendency to pulmonary disease already existing would certainly be developed. He should have such a voice in the selection of boarding-schools as would prevent the children being sent to institutions in unhealthful localities, or in which there was danger from defective sanitary precautions. In the selection of a new dwelling, and even in choosing a summer resort, his judgment as to the topography and the sanitary conditions should have a controlling influence. His supervision should extend to a proper adaptation of educational methods to the capabilities of the several children of the family, and to the order in which their faculties develop. On this latter point it is high time that the influence of medicine should be felt in pedagogics. Mental physiology should lie at the foundation of every school curriculum. It is incongruous that at this age of the world the development of the mind should be intrusted unreservedly to those who have not even the most elementary knowledge of the mind's organ, the brain.—Andrew H. Smith, M. D., in Harper's Magazine.

—Father (the son using the family hammer)—"John, don't swear that way, especially at your own awkwardness! Give me that hammer. (Two blows later.) —!—!!—!!!" John—"O, that's the way you want me to swear, is it?"—Terre Haute Express.

HUMOROUS.

—Miss De Jinks—"Are you musical, Prof. Jorkins?" Prof. Jorkins—"Yes; but if you are going to play, don't mind my feelings."

—"Why is it, Jones, that boys are wilder than girls?" asked Smith. "I guess," answered Jones, as he gazed after a wasp-waisted girl who passed down the street, "it is because girls are more stayed."—Boston Courier.

—The hot water cure is highly spoken of. A young man of our acquaintance was completely cured of an attachment for a young lady by one kettleful, which the old man let him have.—Boston Commercial Bulletin.

—"How did you find society out in Chicago?" "Oh, there's a good deal of it there. But they have strange ways." "How so?" "Well, if a man goes to an evening party, and keeps his coat on the entire evening, the company concludes right away that his shirt is in the wash."

—Male Parent (sternly)—"Now, sir, young man, I have caught you—stuck in the jam, as usual, when your mother is away." Culprit—"I'll bet a quarter ma is stuck in the jam, too." Male Parent—"Where?" Culprit—"Down at the millinery opening."—Burlington Free Press.

—Stern Parent—"Johnnie, I am informed that you use a great deal of slang. Is it true?' "Yes, sir." "And I have cautioned you against the vulgar habit scores of times. I once more warn you that if you persist in using slang I'll take that strap from the wall and you'll find yourself in the soup."—Nebraska State Journal.

—"What is your business, sir?" asked a Cambridge lawyer of a witness. "I am the practitioner in the new science of preserving the memory." "But you are dressed as a mechanic, and not as a professional man." "Yes; I'm a grave-stone letterer. 'Sacred to the memory, etc.,' you know."—Cambridge Daily.

—Realized His Loss: Miss Ann Teak—"I met your old friend Mr. Warble last evening. We had quite a conversation about you. You were engaged once, I believe." Miss Fatandforty—"Yes." Miss Ann Teak—"He grew quite reminiscent, as it were. Said he never would have quarreled with you if he had realized how much he was losing." Miss Fatandforty—"Really?" Miss Ann Teak—"Yes. He said you only weighed about ninety pounds then and you must weigh at least one hundred and seventy-five now." Miss Fatandforty—"Oh, you hateful thing!"

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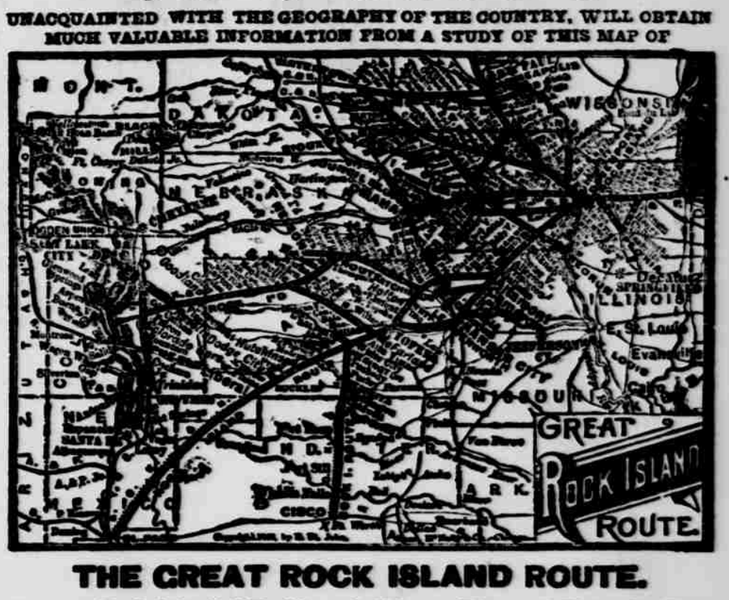

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