A SICK DAY.

Lying faint and weary-With a throbbing brain-Thore's a voice so cheery, Soothing all my pain, in a room adjacent-"Tis my precious wife; oring, tender, patient, Jewel of my life.

Whistling as she stitches; Singing as she news; Like a dream of witches How the music grows; And the heart strings tingle As it moves along In the merry jingle Of some chil thoo i's song

Now some deeper teching, Or some subtle whim, Better finds revealing In an "old-t me" hymn; And the sprightly measure Finds a m nor lone To express ber pleasure-Pare and all her own.

Thea-like woodland breezes In the month of June-Comes a strain that pleases Anu a sweet, giad tune-Fragrant with completeness Bearing on its wings, To my coul, such sweetne As she news and sings:

"In Thy Care and Heeping." And I pray that still— Waking, Lord, or sleeping-We may do Thy will; Walk in glad coma . nion Till this life is o'er. Have eternal union In Thee, evermo L. A. Morrison, in N. T. Oraphie



Dr. Talmage Discourses on Familiar and Homely Them's.

It is a prevalent notion that a propensity to whistle indicates an indolent or trivial what you want he is at another editorial, nature, writes Rev. Dr. Taknage in the Chicago Times. When we are indulging in it by soliloquy and some one meets us we stop short, snapping the whistle in two, as though we had been doing something disreputable. There is nothing more healthful than this exercise. The faculty has been granted to those of us who can not sing much. Though we might lose our way in a tune if we attempted you are deciding in which of your eight the customary soprano or bass, we revel in the sounds which, without any shill, rush with the breath through the contracted lips. Grumblers seidom, if ever, whistle. The art is left only for the blithe If you venture to tell him that the and cheerful. Whether it is the whistle that makes the good cheer, or the good cheer that makes the whistle, we have now 11 you ask him why there is no water so time to analyze. This kind of music is on the train, he will throw over you the an inspiring accompaniment of work. Let two masons be busy on the scaffolding, their strength alike, their hods and trowels alike, the one who whistles will better set the bricks and rear the truestwall. Do not rob us of any of our helps. What the world wants is an augmentation of diversions and entertainments; not less skip and romp and curveting, but mere. God has no objections to it or He would not fill the kitten with play and the lamb with

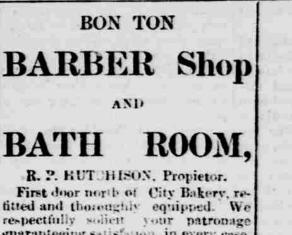
THE FAMILY PHYSICIAN.

An Barnest and Able Plea far the Prevenion 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 We know people so genial that their face fall. Passers - by rush to his as-is always full of sunshine and there is no sistance, 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 exerthing (who would have thought it!) as a tion was more than its enfeebled walls could respond to. He was not aware of the existence of this condition, but thinking what a luxury it would be to be | if his doctor had merely laid his finger on his pulse his suspicion would have been aroused, and listening to the acart 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.

he can not attend to you now. You back out with apologies for interruption, but in-Or again, a gentleman who has wardly resolving that you will never risk thought himself quite well goes as your life again in an editorial sanctum. usual in the morning to his place of There is such a thing as a snappy railroad business. A few hours later he is conductor. When he announces the name of brought home in a carriage in a state a depot he bites off the first letter and the last syllable. It is at your per i you ask of unconsciousness. In spite of the him the name of the next place. While most prompt and judicious treatment he does not recover from his coma. On pockets you put your ticket, he gapes upon the contrary, convulsions set in, and you devouringly, as much as to say: "I in the course of a few hours he dies. have you now; you expected to get Unknown to him or to his family he a ride without paying for it, ch?" has been suffering from Bright's discar is very cold, he will freeze you ease, the symptoms being latent up to still worse with a wondering stara the last moment. Yet a very simple examination would have revealed to wet blanket of a curt reply, and that is his doctor the actual condition of afwater enough. He is snappy to the old lady whe is too long in getting off, and the old gentleman who is too long getting on; fairs, and by proper care and proper treatment the fatal termination might snappy shout where you may set your feet, snappy about where you set your value. Before many miles all the passengers feel the contagion from having been bitten by have been almost indefinitely deferred. The records of examinations by the physicians of life insurance companies show numerous instances in which | REAL ESTATE such a snappy disposition, and so they get very serious disease exists without be-You have noticed, furthermore, the ing suspected either by the patient or snappy merchant. After you have asked his friends. This fact, in addition to for a certain kind of goods he halts before 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 tivate. It pays to be a gentleman or a possess immense value, not only for lady. Porcupines are fit for nothing but the persons immediately interested, museums. Most of us need to have a but also for their posterity. It is by possess immense value, not only for 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 and yet does a successful business. There influences from these 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, nanrow-chested lad being out behind a desk in a counting-room. where the tendency to putmonary disease already existing would certainly be developed. He should have such a voice in the selection of boardingschools as would prevent the children being sent to institutions in unhealth-being sent to institutions in unhealthful localities, or in which there was danger from defective sanitary pre-cautions. In the selection of a new dwelling, and even in choosing a sumdweiling, and even in choosing a sum-mer resort, his julgment as to the topography and the sanitary condi-tions should have a controlling influ-ence. His supervision should extend to a proper adaptation of educational methods to the capabilities of the sev-eral children of the family, and to the order in which their family, and to the order in which their faculties develop. On this latter point it is high time that From the Depot the influence of medicine should be fett 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 intensted unreservedly to those who have not even the most elementary knowledge of the mind's organ, the brain.—Andre w H. Smith, M. D., in Harper's Magazine.



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send the night wind around the gable with mouth full of whistle.

We know not why wemen with all their cares should be denied the exercise, and yet an ungallant rhyme has for ages for-bidden it. Do tell us something that women may do! You do not want them to skate or lecture or preach or walk too fast or laugh very loud, and you finish your long list of prohibitions by saying:

Whistling girls and crowing hens Always come to some bad end."

There are times in a woman's life whon apsalm-tune does not seem particularly appropriate and a carol seems too formidable to attack-the former is too grave and the latter too jubilant-and nothing on earth is consonant with the circumstances but a whistle. That privilege shall not be denied if we have any thing to say about it.

Soon after going on board a steamer we noticed a little powter instrument that hung to the boatswain's jacket. On such a simple thing you would not suppose a man could make more than one or two sounds, but that little instrument can play a hundred tunes, and at its call cables, cordage, rigging, sails, colors, boats and anchor respond, and the crew fly swifty from hammock te capstan and from capstan to ration. After eight days of head wind we heard the boatswain's long, en, resounding whistle. It meant that the wind had changed and the sails must go up. There was in that pewter whistle nore music than in any harp we have since heard, and when it fell down again from the boatswain's lips we re-examined it to see where all that chirrup and glee of spand and shrillness of blast could hide mselves. Thus we sail on in life, and sometimes in the teeth of a head wind, and it is tough navigation. Our whistle, dangling to our neck seems of no use. Every thing is sgainst us, but after awhile there is a change in the moor, and the wind that was afverse wheels around and into our favor. Then we take up our whistle and, all hands on deck, the sails arise and the port looms up in the distance. If at such a time we he more noise with our mouth than we aht to charge it to the bostsufain's

south to charge the set of the se

I seems that some time ago the students a collego disarranged the store signs, inined street lamps, sang discordant songs, and disfurbed the village until a commit-ter of the citizens waited upon the mayor, a targe group of the young men were a targe group of the young men were anosted, taken before the authorities, atoned with the penitentiary, and names telegraphed throughout land. People say: "What are colleges coming to?" and "What generation of wayward young men are marching on to take possession of our institutions! If staid, orthodox, solid concepts do so, what may we expect of insti-tutions reckless and anti-Calvinistic?" is friends; there is no cause of alarm; by boys and doing just what their atters and grandfathers did before them. Ar long as I can remember I was shown the place on the roof of the college ing where one bright morning chere were found a load of wood and a mule attached to the load, all raised to that bad eminence by the septomore class during the night-some of the men engaged in the achievement afterward Senators of the United States and doctors of divinity. I reprehend the young men who in Princeton put an under-taker's sign on an apothecary store, and I chills them to be more careful, while at the same time I give it as my opinion that they constimes have overheard the recital in ne minister's study, or lawyer's office, of the college pranks in which their fathers

showing them, as much as to say: "Do you really want to buy? or are you among those who do nothing but go a-shopping, and are you going to take up my time for nothing?" He talks over the counter in exas-perating monosyllables. When you point out a defect in the fabric, he asks: "Do you expect to find any thing perfect under the sun?" While you are meditating whether or not you had better take the goods, he says: "You need not have it if you don's

s'clock in the evening, punctually; never-theless parents should not imagine that all

is lost because their sons are sometimes a

little frisky, and public officials ought to

be lenient in their chastisement. These young men do not need a cell in the peni-

tentiary, as I have seen it hinted, but they

need a private talk by some kind old man,

judge or professor, or college president, who will put his spectacles up on his

forehead and take the young man by the

hand and tell him of the great possibilities

that are open before industry and sobriety,

and of the grief that his ill behavior will

bring to parental hearts so anxious for

his welfare, and then say: "That is all, my son." But this throwing our

selves back on frigid dignity and in merci-

less condemnation of the present, as

though the past had all the virtue and all

the honor and all the propriety, is an as-

Now I am reselved, and will you, kind

reader, join me in the resolution, to be in

good humor with men and women, boys

and girls, and sweeten our judgments. If

people want to whistle let us join in the ex-

ercise, and if boys will be boys, let us not

night there. When they have trouble we can

scarcely tell whether they are crying or laughing. The wave of tears dashing

against a bank of smiles. But there are others who are explosive and gunpowdery under slight provocation. There is such a

snappy editor. When you enter his edi-

torial rooms he does not look up for a long while. You stand with your hat in hand,

asked to sit down. While you are meditat-

ing the best way of attracting his atten-

tion he suddenly looks over his shoulder

and spits out: "What is it?" There is a flash in the eye and a venom in the tone

that you feel yourself a villain, though

and he finally puts you off by telling yo.

conclude they are going to ruin.

sumption hypocritical and unjustifiable.

want it." As you quietly suggest that you saw something a little cheaper at the next store, he howls at you: "Go there and get it." As you go out he slams the door after you, and you go down the street with irritations all over you just because you came in contact with a snappy merchant.

Suavity is an art that we all need to culsmoothing iron run over our temples. Many people get up a red heat at a mo-ment's notice and do not always cool off sa quickly. Some are like hot journals, on the railway cars-a little friction, and lot they are on fire, and it takes ice and salt and waste and time to get things running smoothly; and then there is no saying when they will be on fire again. If we had more of the spirit of Him concerning whom it is said: "Grace is poured into Thy lips," we would all cease being snappy.

WOMAN'S ADAPTABILITY.

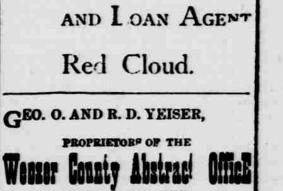
How a Number of New York Girls Make (Comfortable Living.

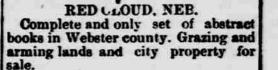
The woman barber is not unknown New York, and has conspicuously failed, as she deserves to, but, says the New York Tribune, the woman hair-dresser of the other woman's hair is not so much talked of are several women in this town who make a good living by washing, shampooing, cleaning, oiling, cambing and caring for the heads and hair of their fellow women. Women who know the discomfort of having to wash their own hair, unassisted, approciate the services of a skillful hair-dresser of this kind, and these who can afford it and yet can not keep a ladies' mail do not grudge paying well for it. Especially is her practised hand in demand in rearranging the sometimes inextricably tangled locks of women who are recovering from long illness, when the whole sealp is sore from tossing to and fro on the pillew, and the nerves are too unstrung to bear the awhwardness of well-meaning but un sinifful attendants or Griends. Then it is that the professional hair-dresser is welcomed and her gentle stroking and defi fingers are more soothing than irritating to the patient.

the patient. Then there is another largerclass of young women whese parents prefer to keep them at home, rather than there them accept any regular salaried parties outside, and yet are not unwilling that they should earn enough money to ciothe themselves. These are the people who take in setwing of vari-ous kinds at such cut-rates as to make the life of the regular sewing gial one long fight for bare life. But in turn they have given rise to another trade for women-that of teacher of the different kinds of work the of teacher of the different kinds of work the big shops give out. For instance, teachers of the art of necktie making go from hopse to house instructing young girls how to make this ornamental male attire in such styles as the factories that give out the work require. After the art is learned it is poor pay enough, but the tomehing of it com-mands a fair price.

All these instances, of course, are only indications of how woman's wit and adapta-bility is proving of practical banefit to her. Few of these pursuits caumerated admit of

-Father (the son using the family







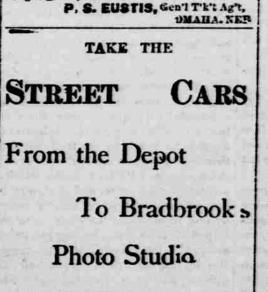
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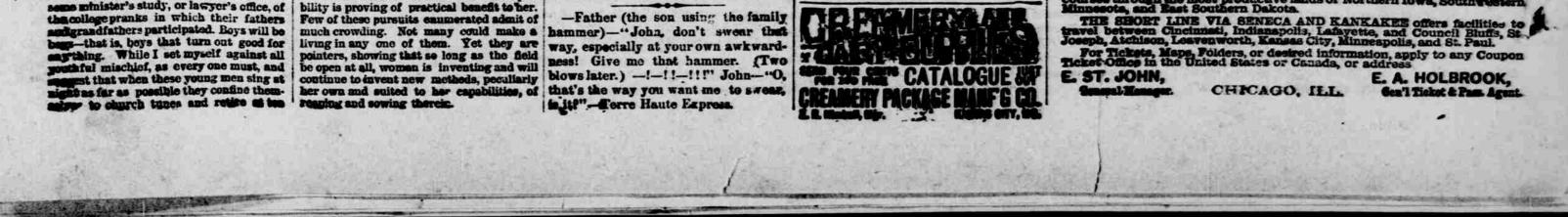
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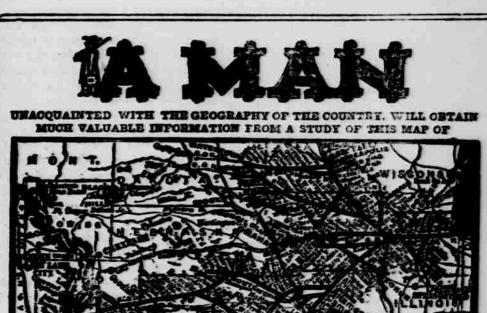
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