

HOTBEDS OF CONSUMPTION

Penal Institutions in Many States Proved to Be Breeding Places of Tuberculosis

It is the duty of the state to protect its citizens—even those condemned to pass a term of years in jail. The danger to the inmates of prisons, from pulmonary disease, has only lately been realized. A short time since a man who had served a sentence in the Ohio penitentiary, declared that to send him back meant death by tuberculosis. Inquiry was made. The head physician announced that the building was a hotbed of consumption. A prominent official stated that a ten years' sentence was equivalent to condemning a man to death—by pulmonary tuberculosis.

Dr. S. A. Knopf, the greatest American authority on tuberculosis, was invited to visit the penitentiary. With-out hesitation he pronounced it the most unsanitary penal institution he had ever seen.

The output of many prisons is enough to convince of the truth of the above statements. The sallow complexions, weakened bodies, sunken chests of the ex-convicts, all are the stamp of murderous prison hygiene. All the rules for combating the great white plague are reversed. For sunlight, they are given darkness; for fresh air, a damp, musty atmosphere; for out-of-door life a weary in-door grind, a large part spent within the narrow confines of a single cell.

Is it not enough to take from a fellow being his liberty and appropriate the labor of his hands, without forcing him to live under such conditions? Dare the state continue to condemn any of its citizens to such a death? Shall the sentence in a public prison cease at its legal expiration, or shall the poor victim continue to suffer from its dire effects until he fills a consumptive's grave?

In this day of Anti-Tuberculosis agitation, it would seem that public institutions, whether asylums, schools, prisons or assembly halls should be the first to be brought under proper sanitary conditions. It is useless, hopeless to educate the masses in regard to the cure and prevention of tuberculosis and then maintain at public expense hotbeds for the development of consumptives to be finally turned loose in the community.

The Tonic Use of Water.

Cold water is the universal tonic. The best time for taking a cold bath for tonic effect is just after getting out of bed in the morning, when the body is warm. A cold bath should never be taken when one is chilled. One not accustomed to cold bathing should begin carefully with water not colder than 75 deg. F. The bath should be short, not to exceed a minute, and for feeble persons not more than fifteen or thirty seconds when applied to the whole surface. The bath should be immediately followed by rubbing and exercise for fifteen to thirty minutes. There should always be good reaction; that is, the whole surface, including the hands and feet, should quickly become warm. The bath should not be followed by languor, headache, lassitude or other indications of excessive reaction. When one experiences such symptoms, the indication is that the bath was too long or too cold or not followed by sufficient exercise. For feeble, very young or elderly persons the water used should rarely be lower than 85 degrees to 75 degrees in winter. The bath should be taken in a suitably warmed room.

As We Live, We Are.

If we look down, then our shoulders stoop. If our thoughts look down, then our character bends. It is only when we hold our heads up that our body becomes erect. It is only when our thoughts go up that our life becomes erect.

Physiology in English Public Schools. Sixteen thousand English physicians have signed a petition requesting Parliament to inaugurate systematic instruction in the public schools of Great Britain in relation to the preservation of health, especially in relation to the evil effects of alcoholic drinks. It is hoped that this petition will be granted.

Slaughter of the Innocents.

A study of statistics reveals the terrible fact that nearly one-half of all the human beings born into the world die before the age of five years. In the city of Stetten, Germany, nearly one-half—473 out of every thousand—die during the first year of their lives. In Ireland, Scotland, Norway and Sweden, where children are given better care, have more outdoor life, and more intelligent attention is given to feeding, the number of deaths is only one-fiftieth as many as in the city of Stetten, being ten per cent.

Physicians are coming to recognize that the use of cow's milk, which is infected with the germs of tuberculosis, is one of the most active of all the causes of death among young children. This should be remembered in the artificial feeding of infants. The milk should either be boiled or well scalded before being fed to the infant. This rule should be universally observed for adults as well as for children, and, if applied, will save thousands of lives annually.

A Safety Valve.

In the Ladies' Home Journal a writer tells of an interesting visit which he paid when a boy to the "Autocrat of the Breakfast Table." After breakfast Dr. Holmes took the

boy into a basement room, which was fitted up as a complete carpenter's shop, and gave him the following advice, which he considered would be of more value to him than anything he had ever written:

"You know I am a doctor, and this shop is my medicine. I believe that every man must have a hobby that is as different from his regular work as it is possible to be. It is not good for a man to work all the time at one thing. So this is my hobby. This is my change. I like to putter away at these things. Every day I try to come down here for an hour or so. It rests me because it gives my mind a complete change. For, whether you believe it or not," he added, with his inflexible chuckle, "to make a poem and to make a chair are two very different things."

"Now, if you think you can learn something from me, learn that, and remember it when you are a man. Don't keep always at your business, whatever it may be. It makes no difference how much you like it. The more you like it, the more dangerous it is. When you grow up, you will understand what I mean by an 'outlet.' Every man must have an 'outlet'—a hobby—that is, in his life, and it must be so different from his regular work that it will take his work into an entirely different direction. We doctors call it a 'safety valve,' and it is. I would much rather," concluded the poet, "you would forget all that I have ever written than that you should forget what I tell you about having a safety valve."

For a Cold.

The daily cold bath is one of the most effective safeguards against taking cold. Of equal importance is abundance of fresh air in the sleeping apartment. Upon the first symptoms of "a cold," deep breathing exercises in the open air or in a well ventilated room should be taken at frequent intervals. In nearly all cases where this simple treatment is taken, there will be no further development of the cold, and the symptoms will disappear. A doctor connected with a large institution for children recently tried this method upon the inmates with surprising success.

"There is nothing," he writes, "more irritable than a cough. For a time I have been so fully assured of this that I determined, for one minute at least, to lessen the number of coughs heard in a certain ward of the hospital of the institution. By the promise of rewards and punishments, I succeeded in having the children simply hold their breath when tempted to cough, and in a little while I was myself surprised to see how some of the children entirely recovered from the disease."

"Let a person, when tempted to cough, draw a long breath, and hold it until it warms and soothes every air-cell, and some benefit will soon be received from this process. The nitrogen which is thus refined acts as an anodyne to the mucous membrane, allaying the desire to cough, and giving the throat and lungs a chance to heal."

RECIPES.

Barley Soup.—Soak a cup of pearly barley over night and cook in plenty of water until well done, but not mushy. At proper periods add to it a portion each of minced onion, sliced cabbage and okra, sliced carrots and turnip, salt and enough tomatoes to give an appetizing flavor and color. A little seasoning may be required.

Noodles with Cranberries.—Beat well one egg, or more according to the need, incorporating with each a tablespoonful of cold water and a pinch of salt. Knead in flour sufficient to make a stiff dough. Roll as thin as thin pasteboard. Let it dry on one side and then on the other, frequently turning it, but do not let it become dry enough to crack when rolled. Roll it very compactly; with a very sharp knife cut thin slices from the end until all is used. Let these dry thoroughly (they may be prepared several days before needed) and cook in boiling salted water about twenty minutes. Drain in a colander, and give a dash of cold water to prevent pastiness. Reheat, and serve with strained cranberry sauce as a dressing. Any other fruit may be used. Any of the various forms of macaroni may be substituted for the noodles.

Stuffed Potatoes.—Bake smooth potatoes until just done. Cut in halves lengthwise, remove the insides, being careful not to tear the skins. Mash, season, and return to the shells. Have ready some slightly salted, stiffly beaten egg to cover the top of each piece. Place on a tin in the oven to brown and warm.

Creamed Turnips.—Dice turnips and boil until tender, having salted them a while before draining. Somewhat more than cover them with rich milk. When boiling hot pour in slowly some braided flour, gently shaking the kettle to insure the even thickening of the dressing. Cook a few minutes and serve.

Lanse Brod.—Beat one egg into one cup of milk. Add salt and a spoonful of sugar. Dip into it slices of stale bread and brown them nicely on a well-oiled pancake griddle. Serve while hot.

Squash Custard.—Prepare squash the same as for pies. Bake in a shallow pudding dish without crust and serve cold.

ALFONSO AND HIS MOTOR CAR.

King of Spain Badly Afflicted With the Craze.

Jerome Hart tells of the enthusiasm shown by King Alfonso of Spain for the automobile: "He is affected with an acute case of motoromania. He spends most of his time, both at Madrid and at San Sebastian, in wildly careering across the country in motor cars. He owns several high-power French automobiles, and when in them, like Jehu the son of Nimshi, he driveth fast and furiously. In fact, so reckless is his driving, so numerous are his accidents, that the queen mother recently became alarmed and urged him to abandon his dangerous sport. Failing in this, she got a member of the cortes to father a law imposing limitations on the king's speed. This did not mean limitations as to speed on the king's highway—it meant limitations on the speed of the king on the king's highway. But this projected law aroused the indignation of some courtly legislators in the cortes, and they opposed it bitterly. The king, they said, is above the law, therefore, to pass laws leveled at the king would be against the law. Before this puzzle the perplexed cortes recoiled and the law was not passed.

"The young king only recently succeeded in so far overcoming the queen-mother's repugnance to motor cars that he persuaded her to accompany him in a little drive. It was unfortunate that on her first experiment with him as a motorist the king should have had one of his frequent mishaps. But he did. He came a cropper, and it was a royal cropper.

"His enormous machine, going at high speed, skidded and capsized, hurling its royal freight some distance into a ditch. The queen-mother was badly scared, her royal feathers and royal temper were much ruffled, but otherwise she was unhurt."

Cost and Time of Trip to a Star.

"Let us suppose a railway to have been built between the earth and the fixed star Centauri," said the lecturer. "By a consideration of this railway's workings we can get some idea of the enormous distance that intervenes between Centauri and us.

"Suppose that I should decide to take a trip on this new aerial line to the fixed star. I ask the ticket agent what the fare is, and he answers: 'The fare is very low, sir. It is only a cent each hundred miles.'

"And what, at that rate, will the through ticket one way cost?" I ask. "It will cost just \$2,750,000,000," he answers.

"I pay for my ticket and board the train. We set off at a tremendous rate.

"How fast? I ask the brakeman, 'are we going?'" "Sixty miles an hour, sir," says he, "and it's a through train. There are no stoppages."

"We'll soon be there, then, won't we?" I resume.

"We'll make good time, sir," says the brakeman.

"And when will we arrive?" "In just 48,663,000 years."—Philadelphia Bulletin.

The Best of Life.

Not till life's heat is cooled,
The heading rush slowed to a quiet pace,
And every purblind passion that he ruled
Our noisier years, at last
Spurs us in vain, and weary of the race,
We care no more who loses or who wins—
Ah, not till all the best of life seems past
The best of life begins.

To tell for only fame,
Handicappings, and the fickle gusts of praise,
For place or power or gold to gild a name
Above the grave where to
All paths will bring us, were to lose our days;
We, on whose cars youth's passing bell has tolled,
In blowing bubbles, even as children do,
Forgetting we grow old.

But the world widens when
Such hope of trivial gain that ruled us lies
Broken among our childhood's toys, for then
We win to self-control!
And mail ourselves in manhood, and there rise
Upon us from the vast and windless height
Those cleaner thoughts are unto the soul
What stars are to the night.
—The Spectator.

She'd Rather Loop the Loop.
"My daughter got me to loop-the-loop at the park last summer—once," said the woman with the vinegar-visage as she stepped from the main elevator of a big office building, according to the Kansas City Journal, "but that's a baby's swing to this when it comes to mixing one's vital organs."

"The trouble is that the elevator boy changes his mind oftener than a woman. I never came down yet that he didn't decide on a different speed in transit. When he did that quick stop at the fourth floor just now I simply telescoped inside. My heart's in my mouth yet, and I can't locate my stomach. No; no luncheon for me until I get over this scrambled feeling."

Though Fifty-five.

It all turns on will and exercise. Before going to sleep a few exercises should be gone through with open windows, inhaling the good fresh air. A step ladder to run up and down is a great incentive to health; wind exercises, rotary motions, all keep the body limber, and prevent stoutness. Then diet has to be considered; too much liquid should never be taken with meals; too much meat is bad. There is nothing better for the figure than household work. It takes a great deal to persuade an ordinary woman that it is continuing these things that make a success of it, not starting them and then leaving them to fate.—Chicago Post.

NEBRASKA STATE NEWS

THE LAND FENCING CASES.

Deputy District Attorney Rush Getting Ready for Trials.

LINCOLN—Deputy United States District Attorney S. R. Rush has had an office fitted up for him in the room formerly occupied by the assistant custodian of the federal building on the second floor of that structure. He is busily engaged in getting the land fencing cases ready for trial. Subpoenas are being prepared for witnesses and among them will be a number of special agents of the general land department who were instrumental in bringing about the indictments in 1903. In addition to these many homesteaders and small cattle men will be summoned to tell what they know about the appropriation of the public domain by the big cattle men.

Mr. Rush, who, as former assistant United States district attorney, has had much to do with bringing the indictments against the cattle men, and who has charge of the present prosecutions, said:

"We cannot get ready for the trials of these cases until the latter part of the month. The first case to be tried will be that of Herman and John Krause, who are indicted with illegally enclosing about 5,000 acres of land some twelve miles or more northwest of Alliance. Their case will be called about May 29. We cannot reach it before that time on account of the jury being engaged in the trials on the civil docket, and it is Judge Mungler's wish to clear the civil docket before going at the criminal docket. All of the fourteen or fifteen indictments against cattlemen are criminal cases and will be tried as such. If we cannot reach them by criminal procedure we will go at them by civil procedure. After we get through with the Krause cases we will take up the Bartlett Richards and Comstock cases."

FRED HANS ACQUITTED.

The Well Known Scout and Detective Again Free.

AINSWORTH—The jury in the Hans case returned a verdict of not guilty and he was given his liberty. It took from 7 o'clock in the afternoon until 3 o'clock next morning to arrive at an agreement. The ending of the case is a relief to the county, as there has been a great deal of hard feeling created over it among people who were drawn into the case against their will.

The trial of Fred Hans was the second time the famous scout had been tried for his life for the alleged murder of Dave Luce, a rancher in Brown county. The first trial resulted in conviction and Hans was sentenced to imprisonment for life. Application to the supreme court resulted in the lower court's reversal and an order was made compelling Hans to be retried.

No killing in that section of Nebraska had caused such widespread interest as when Fren Hans, acting as a sheriff's deputy, went to the residence of Dave Luce several years ago with a warrant for his arrest upon a charge of cattle stealing. Luce consented to go with Hans to jail, but as the testimony offered at the trial showed, Luce stepped into an adjoining room and reached for his gun. Hans called upon him to halt, but Luce paid no attention, and as Luce was about to fire Hans sent two bullets through his heart. The coroner's jury which sat in the case at the time returned a verdict to the effect that the killing of Luce was justifiable.

Several years after the death of Luce, Hans was arrested charged with murder. He was defended by Attorney William Gurley of Omaha.

Section Foreman Killed.

LINCOLN—Section Foreman Kerrigan of Palmer, Neb., one of the oldest employes of the Burlington company, was run over by an engine and killed at Greeley Center.

Nebraskan Among Victims.

TECUMSEH—Mr. and Mrs. A. J. Wright of this city received word that their granddaughter, Miss Florence Baker, was a victim of the Snyder, Okla. tornado. Miss Baker was the 13-year-old daughter of Mr. and Mrs. W. B. Baker of Mountain Park, Okla. and she was attending school at Snyder. She was born in Tecumseh, the family having gone to Oklahoma from this city several years ago.

Farmers Hold Wheat Too Long.

YORK—There are a few farmers in York county who still have wheat on hand, and regret that they held their wheat too long. Over 75 per cent of the wheat raised in the county last year was sold at from 90 cents to \$1, and from this sale the farmers realized thousands of dollars.

H. G. Leavitt, the Ames best sugar magnate, has given the state board of irrigation formal notice of an appeal from the decision in favor of the government in the Pathfinder case, where Leavitt and the interior department were claiming conflicting water rights for more than 100,000 acres of land in Nebraska. The success of Leavitt would have made it practically impossible to proceed with the work, according to John E. Field, the United States engineer in charge. The appeal is taken to Scotts Bluff county.

NEBRASKA BRIEFS.

Henry J. Davis, an Otoe county pioneer, died last week.

Governor Mickey has issued his flag day proclamation. June 14th is the day.

The county physician of Gage county reports that he has found several cases of smallpox that have never been reported to the authorities. The physician says that drastic measures will be taken to enforce the quarantine rules, and that arrests will be made if necessary.

The Methodist Episcopal church at Bartley was dedicated Sunday. It is a nicely furnished, commodious building. Over \$600 was raised and the entire balance due was paid off and a balance left on hand. Governor Mickey was present all day and was the principal speaker at the evening exercises.

Henry Reiber of the firm of Spearman & Reiber, Papillion, butchers, while in the ice box cooling off was accidentally locked in. All efforts to release himself were unavailing and it was only after he had shouted for some time that the attention of passers-by was attracted and Reiber was liberated.

The members of the Liederkranz society of Grand Island observed the 100th anniversary of the death of Schiller by a fine program of recitations, dialogues, etc., from the great German works, the program being listened to by about 300 of the German citizens of the city and members of the society.

At Hastings Mary E. Winter has filed suit for divorce from John Winter on the charge of cruelty. She alleges that he owns 320 acres of land, valued at \$15,000, and asks for \$300 suit money and alimony of \$8,000. The couple were married April 5, 1879, at Hastings, Neb., and have twelve children, eight of whom are minors.

Robert Laughray, who has been in Plattsmouth for some time on business connected with the estate of Stephen Benton, departed for his home at Bay City, Mich. Mr. Laughray is the husband of Mrs. Eliza Viola Laughray, who was declared the legal heir of the estate left in Cass county by Mr. Benton. The heir will realize about \$6,700 from the estate.

Adam McMullen of Wymore is in correspondence with Adjutant General Culver in an endeavor to secure for Wymore the forthcoming rifle practice encampment of the Nebraska national guard, together with the annual encampment of that organization. The rifle encampment will be held exclusively for the purpose of rifle practice and range work for members of the militia.

Chancellor Andrews and Steward Dales and the board of regents of the State university visited North Platte to inspect the sub-experimental farm at that place. After inspecting the farm a meeting of the board was held and the board appropriated about \$6,000 for improvement upon the farm this spring, which includes a modern barn and dwelling house for the superintendent.

State Veterinarian Thomas has issued a statement saying that the spread of Texas Itch among the herds of range cattle in western Nebraska has been checked and the malady is being stamped out. The sheriffs of the various counties are assisting in the enforcement of the dipping and quarantine regulations established by the government.

The owners of land along the Nemaha bottom will not be allowed to dike their land against flood waters is the gist of the decision handed down by Judge W. H. Kelligan in Richardson county. For the past two or three years owners of bottom land in this county have been throwing up dikes along their lines in the endeavor to keep the flood waters of the Nemaha off their lands.

A stranger walked into the second hand store of Sis Kremenchuk at Grand Island to sell a revolver. He stated that the revolver was unloaded, but while Mr. Kremenchuk was handling the weapon it discharged, the bullet going through two show case glasses and, it is believed, striking the stranger in the hip. Mr. Kremenchuk, frightened, threw the revolver over the counter, when the stranger grabbed it and ran out of the store.

The trustees for the Institute for the Blind at Nebraska City held a meeting at the institute and decided to hold the commencement exercises in institute hall on Thursday and Friday, June 8 and 9.

Charles Packard, of Lincoln, 18 years old, was sentenced to one year in the penitentiary for stealing a brass hand rail from a Burlington passenger coach. The boy claims that he came from New York City in search of work, but his earnest efforts for two days had been unsuccessful, that he was out of money and took the brass.

At the council meeting in Humboldt a petition signed by about 150 voters was presented asking that another bond election be called with a view to having a \$4,000 city hall erected on the lot now occupied by the old building.

At Broken Bow the jury in the case of John E. Chandler, charged with cattle stealing, after being out several hours, returned a verdict of guilty. James B. Rhodes, also mixed up in the cattle stealing of last November, went into court and pleaded guilty to the charges against him, after withdrawing his previous plea of not guilty.

PAINFUL SCIATICA

EVERY SUFFERER WANTS THE VERY QUICKEST CURE.

Mr. Donovan Thinks the Remedy Used by Him with Such Remarkable Success the Best—Cured by Five Boxes.

"Men who have to do difficult and dangerous work on electric lines at any hour of day or night, can't afford to have anything the matter with their health," said Mr. Donovan. "You can imagine, therefore, how much I was alarmed one winter's day in 1903, when I was seized by a pain just behind my right hip that made it difficult for me to walk home. It was so bad by the time I reached the house that I was obliged to go straight to bed."

"Did that relieve you?"
"No, the pain grew more severe and kept extending downward along my leg. I sent for a physician, and he soon decided that I had sciatica. In a few days the whole nerve was affected, and the least movement brought on terrible agony."

"Did your condition improve under the doctor's treatment?"
"Quite the contrary. At the end of two months I wasn't a bit better, and at times I feared that I would never be able to leave my bed."

"How did you get out again?"
"When I was lying in bed, unable to move and wasting away in flesh, a friend visited me and told me about the wonderful cures brought about by a great blood and nerve remedy, Dr. Williams' Pink Pills. He strongly urged me to try them, and I luckily had sense enough to take his advice."

"Did you mend quickly?"
"Yes, that was the astonishing thing. I noticed a slight improvement before I had quite finished the first box of the pills, I could get out of bed while I was on the third box, and I was entirely cured by the time I had taken five boxes."

Mr. Joseph A. Donovan is living at Plaistow, New Hampshire, and is line inspector for the Haverhill, Newton and Plaistow Electric Street Railway. Dr. Williams' Pink Pills are the remedy to use when the blood is thin, as in anemia; or impure, as in rheumatism; or when the nerves are weak, as in neuralgia; or lifeless, as in partial paralysis; or when the body as a whole is ill-nourished, as in general debility. They are sold by all druggists.

British Foxes Made Abroad.

The purchase of foreign fox cubs from importers of wild animals is attended with serious dangers. Wolves, jackals and such like creatures are easily mistaken, in the cub stage, for foxes, and now and then have been sold in England as veritable children of Br'er Fox. This is the true explanation of those sensational outbreaks of sheep worrying during the past few years.—London Daily Mail.

Every housekeeper should know that if they will buy Defiance Cold Water Starch for laundry use they will save not only time, because it never sticks to the iron, but because each package contains 16 oz.—one full pound—while all other Cold Water Starches are put up in ½-pound packages, and the price is the same, 10 cents. Then again because Defiance Starch is free from all injurious chemicals. If your grocer tries to sell you a 12-oz. package it is because he has a stock on hand which he wishes to dispose of before he puts in Defiance. He knows that Defiance Starch has printed on every package in large letters and figures "16 oz." Demand Defiance and save much time and money and the annoyance of the iron sticking. Defiance never sticks.

Scattered Kindness.

There are lives of wearisome monotony which a word of kindness can relieve. There is suffering which words of sympathy can make more endurable, and often in the midst of wealth and luxury, there are those who listen and long in vain for some expression of disinterested kindness.—Frances Ridley Havergal.

Opening of the Uintah Indian Reservation.

The Uintah Indian Reservation in Utah, containing 2,425,000 acres of arable land, to be opened up for settlement on September 1, 1905, is described in a pamphlet just issued by the passenger department of the Denver & Rio Grande Railroad company. A valuable map, showing the country to be opened up and the various routes by which it can be reached, is published for the first time in this pamphlet, which may be obtained by addressing General Passenger Agent S. K. Hooper at Denver.

Old Castle is Ruined.

Rosstrin Castle, once a stronghold of the O'Mahony clan, on the coast of West Cork, near Schull, having withstood many a storm, was almost completely demolished in a recent gale. A breach made in the walls during a siege by Sir George Carew in Queen Elizabeth's time proved the weak point during the late gale.

I am taking a new, but I sincerely believe a just, view of Nero. I consider him not only not a monster, but not even a radically bad man in the ordinary sense of the term. He was, in its most original sense, an esthete—placed in an omnipotent position.—Mr. S. Phillips, in Great Thoughts.

In support of her contention that an unlicensed dog, on account of which she had been summoned, was not six months old, a woman in East Grinstead, England, produced in court the dog's birth certificate, signed by a veterinary surgeon.

Popularity street is paved with pretty speeches.