

By D. M. AMBERRY.

BROKEN BOW, - - NEBRASKA.

Sleep and Nerve Res.

In the days when eight hours for sleep was nominally regarded as an hour too long for any self-respecting individual, the exhausting character of modern life was unknown. There was less wealth and more contentment; less competition and more security; fewer distractions, but more simplicity. Work was easier, slower; and care, anxiety, apprehension—in a word, worry—did not feed, like the worm in the bud, upon the hours exempt from toil. We are remorseless in overtaxing the delicate mechanism of our minds and nerves. The best walker, for instance, does not propose to himself to go regularly 60 miles a day, or to subject the same set of muscles in any other form of physical exercise to intense and unremitting labor. But that is what we do with the immediate agent of our minds—the brain machine. We cannot watch its operations. We often assume that its movements are as light and endless as the ripples of the universal air. We know and nevertheless we forget that the brain is a substantial apparatus as liable to depreciation as the fixed plant in a workshop. Now nothing is more certain than this, that the potential capacity of the human brain has not increased, if at all, in anything like the proportion of the immensely aggravated demand upon it. The modern man is subject to as much mental and moral wear and tear in a day as his ancestors in no very remote generation experienced in a week, says London Telegraph. Yet in respect to sleep we have hardly changed traditional habit. We keep later and still later hours. We catch our trains in the morning as usual. There is no doubt whatever that we burn the candle at both ends with unprecedented disregard of the laws of physiological economy and that the amount of rest we allow for nerve and brain is no longer adequate.

Production of Silver.

The production of silver in the United States has not varied radically since 1899, and we arrive at our judgment of a radical variation by comparison with the change in the output of gold, which has indeed been radical, says the Black Hills Mining Review. There was a difference of 14,000,000 ounces, approximately 28 per cent, between the low production of 1894 and the high of 1892, while there has been no new extreme within 12 years. The annual output of gold has considerably more than doubled within that time. The variation in the world's silver production during the 15 year period has been less than that of the United States, the high extreme of 1898 exceeding the low of 1891 by about 26 per cent. The world's annual production of gold has, on the other hand, been going steadily forward, except for the interruption by the Boer war, practically doubling since 1891. The United States has bought no silver in 13 years. The last purchases were under the act of 1890, by which in excess of 168,000,000 ounces were acquired. During the 20 years following 1873 the government purchased almost 500,000,000 ounces, or at the average rate of about 25,000,000 ounces per year.

In one sense Harvard was defeated on the Thames and in another sense she won. It was a triumph of comradeship among sportsmen and of international comity. The visit was well worth the result in drawing more closely together the sportsmen of both nations and in intensifying the popular friendship which the experiences of recent years have done so much to develop. The crimson of Harvard was indeed the "red badge of courage," but it also stood for the first color in our national emblem, and it represented the warm blood of kinship.

Barbers' supplies may soon be furnished to soldiers at cost price by the government. Brig. Gen. Constant Williams, commanding the department of the Colorado, in his annual report recommends that articles needed for the proper care of the face shall be added to the list that may be purchased from the army storehouses. Among the articles mentioned are lather, talcum powder, witch hazel, razors, shaving brushes and cups. He thinks also that soldiers should have the privilege of buying thread and needles at cost.

A veteran student of phonetics says the sound of s is obtained in 19 ways and that the 24 letters of the alphabet may be used to represent 658 different sounds. In the language of the poet Gray, "Enough: Where ignorance is bliss 'tis folly to be wise."

A Louisville police judge decides that Sunday theatricals are works of necessity. In one way he is right. You don't catch an actor working at it twice a day for seven days a week unless he is compelled to.

DEDICATE BABE TO LABOR.

Chicago Parents Think This Best Way to Make Him Unselfish.

Chicago.—Lee Gessner Creel, the 19-months-old son of H. H. Creel, has been dedicated to the cause of labor with solemn ceremony.

The dedication took place at St. James' Methodist church with the Allied Printing Trades Council as a sort of collective godfather. Trades unionists filled the pews and the Rev. D. C. Millner officiated as the representative of the church and labor, while E. R. Wright, president of Typographical Union No. 16, assisted and the Rev. William A. Quayle, pastor of the church made the address of welcome. L. P. Struble, secretary of the Allied Printing Trades Council, accepted the child on behalf of labor as a future champion of the cause.

Creel and his wife both expressed their desire that the boy shall become an unselfish man, giving his life to others. They declared that in their opinion organized labor was the cause which realized the best ideals of help to humanity.

The dedicating of the child, they said, was merely the expression of a desire which all true mothers and fathers must feel in regard to their children. The idea came to Creel because of his many years' connection with labor organizations and publications.

May MacDowell, Eva Marshall Shouts and Jane Addams, all sociological workers, were present.

COFFEE TRUST IN BRAZIL.

Price of South American Product to Be Increased.

New York.—The financing of Brazil's coffee valorization plan has been arranged. Bankers and merchants, internationally known and all identified with the coffee trade, will advance the money needed—about \$20,000,000. The bankers and merchants are located in New York, London, Havre and Hamburg.

The object of the coffee valorization plan is to maintain coffee at a remunerative price to the grower by establishing a minimum quotation at which it is to be upheld by purchases of coffee on account of the three states of Brazil—Sao Paulo, Rio and Minas. Interest on the loans made is guaranteed and paid by a tax on every bag of coffee shipped.

The three contracting states bind themselves to maintain in the native markets a minimum price of 32 to 35 milreis per bag of 60 kilos for the first year. This price is to be gradually raised after the first year to a maximum of 40 milreis.

The contracting states bind themselves to restrict or discourage by discriminating taxation the exportation of coffee of inferior grades and they further bind themselves to pass laws preventing the extension of coffee acreage for two years after Jan. 1, 1907.

PECULIAR CASE IS DECIDED.

Bigamist's First Wife Gets Half of Estate and Second Nothing.

Wichita, Kan.—Federal Judge Pollock has rendered a decision in an unusual case that came up from Comanche county. It was the result of a bigamous marriage by James McLaughlin.

McLaughlin was an old soldier who deserted his wife in Pennsylvania, and, coming to Kansas with a young woman named Annie Scott, married her and lived with her 30 years, raising eight children. Upon his death the second wife, who says she knew nothing of his previous marriage, applied for a pension, and this led to the discovery of wife No. 1.

The court decided that the Pennsylvania wife was entitled to half the estate and that McLaughlin's children by his second wife were entitled to the other half, while the second wife was entitled to nothing, though it was largely through her efforts that the property was accumulated.

EARLY DINNER IS DECREED.

King Edward Causes Change in London Society.

London.—A momentous change has been decreed in the habits of London society, initiated by the king. His majesty disapproved of the tendency to make the dinner hour later and later, and has decreed that hereafter the fashionable dinner hour shall be from half past six to half past seven.

Before this change was instituted society dined from eight to nine. The new dinner hour, which is a return to earlier manners, is welcomed by everybody. It will benefit the theaters, which have lost many patrons through the late dinner hour, and it will also send more persons to the restaurants for supper.

Persons who dined at eight o'clock were not always inclined for supper afterward, and could not reach the theater before the middle of the performance.

Pays One Cent, Gets \$10,000.

London.—The heirs of one of the victims of the Grantham railroad disaster have received \$10,000 insurance, which was effected at a cost of one penny. The insured was a regular subscriber to a London penny weekly which insures its readers against accidents and death. The day of the disaster he sent his valise, containing a current copy of the paper, duly signed, to the hotel at Retford, where he expected to pass the night. Within a few hours of his death the claim was examined, allowed and settled.

Work of Terrorists at Home of Premier Stolypin of Russia.



In the recent dastardly attempt to destroy the family of M. Stolypin, the Russian premier, the conspirators drove up to the front door and were admitted to the vestibule of the reception room, where they flung the bomb. The prime minister, who was in his reception room, had a narrow escape, but the killed and injured numbered 30. Above the door was the balcony in which the prime minister's son and daughter were sitting. The assassins who wrecked M. Stolypin's house came in a carriage, which was blown some distance away by the explosion. The coachman perished.

CLIMB A FIERY VOLCANO.

PARTY OF SCIENTISTS MAKE PERILOUS ASCENT IN MEXICO.

Several Are Scorched by Burning Lava—Twelve Reach Rim of Crater After Being Nearly Overcome by Deadly Gases.

Guadalajara, Mexico. — Thoroughly exhausted, their hands, feet and legs burned by contact with red-hot rocks and lava and suffering as the result of having inhaled sulphurous gases for several hours, 12 delegates to the international geological congress have returned here after an ascent of the Colima volcano, the only continuously active volcano in North America. The party includes W. Harvey Weed, of Washington, D. C. The Washington man reached the crater of the volcano, 13,000 feet above the level of the sea.

In the last 100 years not more than six men have succeeded in reaching Colima's crater. On account of the precipitous character of the mountain and the thick covering of sand and ashes the ascent of Colima is regarded as one of the most dangerous in the world. The deadly gases that issue from the crater and the possibility of a violent eruption at any time make the ascent doubly perilous. The last man to attempt to reach the crater was Dr. Peter H. Goldsmith, of Harvard university. He failed, and announced that it was practically impossible to get as far as the crater.

Thirty-five geologists started to make the ascent of the volcano. At a cost of \$1,000 the state government built a house especially for their accommodation at the foot of the mountain. The entire 35 climbed as far as the end of the timber line, and there 23 lost courage and turned back. The remaining 12 struggled for six hours to reach the crater. Long poles were used to determine footholds, as great pits of sand and ashes, each of them capable of engulfing dozens of men, exist along Colima's sides. The

climbers were half blinded by smoke and steam and in constant danger from the deadly gases, but they persevered, and finally reached the rim of the crater. At the crater's edge they encountered hot rocks and lava, thrown out by an explosion the previous night, and these burned through shoes, leggings and gloves. Through fear of suffocation, the geologists remained but a few minutes at the crater. They were able to reach the timber line before night overtook them, and they camped on the mountain side until the following morning.

The Colima volcano is 125 miles southwest of this city, in about the same latitude as the City of Mexico, and approximately 75 miles from the nearest point of the Pacific coast. For centuries—no one knows how many—Colima has been active, and during the last 300 years, at least, violent periods have been frequent and often prolonged. During these periods of violence the Mexican volcano becomes the rival of Vesuvius as a spectacular performer. The thin line of vapor that issues from the crater continuously in days of comparative quiet, gives way to a great pillar of black smoke; hot rocks of various sizes—some of them giant boulders—sand and ashes are thrown into the air for hundreds of feet above the crest of the mountain; flames leap from the crater and lightning plays above it and terrifying subterranean rumblings and sharp detonations are heard for many miles. Often the fall of sand and ashes is so dense as to cause extreme darkness during the daylight hours in the vicinity of the volcano.

Those who climbed to the crater of Colima are: W. Harvey Weed, Washington, D. C.; John E. Wolf, Boston; E. O. Hovey, New York; Rudolf Ruedemann, Albany, N. Y.; H. F. Cleland, Williamston, Mass.; H. F. Reed, Baltimore; Frank D. Adams and J. Austen Bancroft, Montreal; A. P. Coleman, Toronto; George Berg and Rudolf Stobbe, Berlin, Germany, and Tsumanaka Iki, Tokio, Japan.

PERFECT DRAINAGE FOR DUBLIN.

Malodorous Liffey River Is Converted into a Respectable Sewer.

Dublin.—The new main drainage scheme just inaugurated destroys forever one of the characteristic features of Dublin which most impressed visitors—the smell of the Liffey river, which has been, in reality, the main sewer of the city. It is expected that the stream will now be as clear as the Seine in Paris.

The drainage scheme cost £600,000 (\$3,000,000) and 15 years were required for the completion of the work. An attempt was made to have the lord lieutenant of Ireland perform the opening ceremony, but the nationalists in the city corporation objected to having any English official figure ornamentally in the inauguration of an enterprise organized and paid for by the city. The ceremony was accordingly performed by the chairman of the improvements committee.

The boat which conveyed the guests to the outfall works at the mouth of the Liffey flew the union jack, but

NO REST NIGHT OR DAY.

With Irritating Skin Humor—Hair Began to Fall Out—Wonderful Result from Cuticura Remedies.

"About the latter part of July my whole body began to itch. I did not take much notice of it at first, but it began to get worse all the time, and then I began to get uneasy and tried all kinds of baths and other remedies that were recommended for skin humors; but I became worse all the time. My hair began to fall out and my scalp itched all the time. Especially at night, just as soon as I would get in bed and get warm, my whole body would begin to itch and my finger nails would keep it irritated, and it was not long before I could not rest night or day. A friend asked me to try the Cuticura Remedies, and I did, and the first application helped me wonderfully. For about four weeks I would take a hot bath every night and then apply the Cuticura Ointment to my whole body; and I kept getting better, and by the time I used four boxes of Cuticura I was entirely cured, and my hair stopped falling out. D. E. Blankenship, 319 N. Del. St., Indianapolis, Ind., Oct. 27, 1905."

There is an altar society in Brooklyn composed of eight policemen. The members contribute a certain amount every month which pays for lights and flowers on an altar of perpetual adoration.

Hurt, Bruise or Sprain
St. Jacobs Oil relieves from pain.

People with real troubles never advertise them.

There was a time when the obese woman was the light of other days.

PUTNAM FADELESS DYES produce the brightest and fastest colors with less work and no muss.

When a bachelor wants to make a married man angry, all he has to do is whistle the wedding march.

Smokers appreciate the quality value of Lewis' Single Binder cigar. Your dealer or Lewis' Factory, Peoria, Ill.

The Alliance Israélite university has placed five Bialystok orphans in the Ahlem agricultural school, and has as a first installment applied the sum of 16,000 marks for their maintenance and education.

Cheap Excursions South.

On the 1st and 3rd Tuesday of each month the Big Four Ry. will sell excursion tickets to most all points in Virginia, South Carolina, Tennessee, Alabama and Georgia at rate of one fare plus \$2.00 with return limit 30 days. Liberal stopover privileges. Write I. P. Spining, General Northern Agent, Big Four Route, 238 Clark St., Chicago, for further information.

Uruguay's Financial Condition.

Uruguay reduced her national debt by \$1,570,450 during 1905. The total debt on January 1, 1906, was \$121,455,747, of which about 80 per cent. was external. Uruguay is a prosperous country, and in her prosperity is a good customer of the United States. Exports of merchandise from this country to Uruguay for the nine months ending March 31, 1906, amounted to \$2,172,276, against \$1,200,542 in the same period of the previous year.

WHO SHE WAS

SKETCH OF THE LIFE OF LYDIA E. PINKHAM

And a True Story of How the Vegetable Compound Had Its Birth and How the "Panic of '73" Caused it to be Offered for Public Sale in Drug Stores.

This remarkable woman, whose maiden name was Estes, was born in Lynn, Mass., February 9th, 1819, coming from a good old Quaker family. For some years she taught school, and became known as a woman of an alert

restore the family fortune. They argued that the medicine which was so good for their woman friends and neighbors was equally good for the women of the whole world.



The Pinkhams had no money, and little credit. Their first laboratory was the kitchen, where roots and herbs were steeped on the stove, gradually filling a gross of bottles. Then came the question of selling it, for always before they had given it away freely. They hired a job printer to run off some pamphlets setting forth the merits of the medicine, now called Lydia E. Pinkham's Vegetable Compound, and these were distributed by the Pinkham sons in Boston, New York, and Brooklyn.

The wonderful curative properties of the medicine were, to a great extent, self-advertising, for whoever used it recommended it to others, and the demand gradually increased.

In 1877, by combined efforts the family had saved enough money to commence newspaper advertising and from that time the growth and success of the enterprise were assured, until today Lydia E. Pinkham and her Vegetable Compound have become household words everywhere, and many tons of roots and herbs are used annually in its manufacture.

Lydia E. Pinkham herself did not live to see the great success of this work. She passed to her reward years ago, but not till she had provided means for continuing her work as effectively as she could have done it herself.

During her long and eventful experience she was ever methodical in her work and she was always careful to preserve a record of every case that came to her attention. The case of every sick woman who applied to her for advice—and there were thousands—received careful study, and the details, including symptoms, treatment and results were recorded for future reference, and to-day these records, together with hundreds of thousands made since, are available to sick women the world over, and represent a vast collaboration of information regarding the treatment of woman's ills, which for authenticity and accuracy can hardly be equaled in any library in the world.

With Lydia E. Pinkham worked her daughter-in-law, the present Mrs. Pinkham. She was carefully instructed in all her hard-won knowledge, and for years she assisted her in her vast correspondence.

To her hands naturally fell the direction of the work when its originator passed away. For nearly twenty-five years she has continued it, and nothing in the work shows when the first Lydia E. Pinkham dropped her pen, and the present Mrs. Pinkham, now the mother of a large family, took it up. With women assistants, some as capable as herself, the present Mrs. Pinkham continues this great work, and probably from the office of no other person have so many women been advised how to regain health. Sick women, this advice is "Yours for Health" freely given if you only write to ask for it.

All this so far was done freely, without money and without price, as a labor of love. But in 1873 the financial crisis struck Lynn. Its length and severity were too much for the large real estate interests of the Pinkham family, as this class of business suffered most from fearful depression, so when the Centennial year dawned it found their property swept away. Some other source of income had to be found.

At this point Lydia E. Pinkham's Vegetable Compound was made known to the world.

The three sons and the daughter, with their mother, combined forces to

Enameline NO DUST NO SMOKE NO DIRTY SLOP NO SMELL NO SPILL NO MUSS OR SPATTER
STOVE POLISH