

By D. M. AMSBERRY,

BROKEN BOW, - - NEBRASKA.

Arising from Bed.

It was Wellington who said that when a man turns in bed he should turn out; it is time for him to arise. Should a mother who has been kept awake half the night by a teething infant turn out whenever she turns, or a literary man who finds that his best thoughts come to him the hour before he rises in the morning? Certainly, if one expects to rise early he should go to bed early, for it is false economy of time to deprive oneself of necessary sleep. But what is necessary sleep? That depends upon your age, your health, the work you do, and the way you sleep; for there is quality of sleep as well as quantity, and one man will sleep as much dreamless sleep in an hour as another will in three or four who sees disturbing visions or is attacked by nightmare. We know what is laid down as the regulation quantity of sleep. It is six hours for a man, seven for a woman, and eight for a fool; but many of us are foolish in this respect. When staying at a hotel one may notice young men who, though they are neither at work nor at play, but drowsing in a chair in a crowded smoking-room, will not go to bed until one or two o'clock in the morning. It looks as if they had bound themselves under a solemn vow not to do so. This is a sure way of creating a habit of sleeplessness, says New York Weekly. Sleeplessness is a habit, and one that is produced by late hours putting us past our sleep. It is nonsense to say that we cannot go to sleep if we retire early. Rather, it is harder to do this if we take rest so late and eat the bread of carelessness in the shape of an indigestible supper. Do not excite your brain with mental work just before your usual time for sleep, have a good conscience, and at least an hour of beauty sleep before 12 o'clock, and you will be able to rise, if not with the lark, certainly long before the sluggard has nerved himself to take the awful plunge—out of bed.

Candidates for admission to the consular service will hereafter have to submit to an examination into their conversational abilities, says Youth's Companion. They must know one modern language besides English, something of the varied resources of the United States, be familiar with political economy and the elements of international, commercial and maritime law, and have knowledge of modern history. Their fitness in these respects will be tested by a written examination. Then they will be examined orally to discover whether they use good English in conversation, whether they can maintain their end of an argument with courtesy and tact, and, in short, to ascertain whether they will do credit to their country if sent abroad to represent it. The oral test will count for as much as the written test in determining the eligibility of the candidate. Those who pass will have to be good all-round men.

Helen Keller's heroic struggles, undaunted perseverance and wonderful achievements are now about to furnish inspiration to many in a far-distant land who are struggling to gain an education under difficulties. The Christian Literature society of Madras has just added to its "anna library," consisting of books sold for one anna, or two cents, an abridged life of the blind and deaf student. This Indian version closes with the beautiful thought written by Miss Keller in her diary in 1894, when she was but 14 years of age: "I find that I have four things to learn in my school life here, and, indeed, in life: to think clearly without hurry or confusion, to love everybody sincerely, to act in everything with the highest motives, and to trust in the dear God unhesitatingly."

Many wonderful things happen in this country. One of them is the recent election to the United States senate from a western state of the son of an immigrant who came to this country in the steerage in the middle of the last century, and later married a fellow steerage passenger. But this is not so wonderful as the presence in the senate of another man who came over in the steerage himself, and has risen to a position of power and influence.

Pike's Peak has been re-surveyed, and the surveyors say that it is only 14,099 feet high, instead of 14,147, according to the former calculations. The difference, however, isn't noticeable to the tourist who goes up on foot.

An Ohio man pushes a button in the house and dumps his horse's feed in the manger. The device, however, appears to be incomplete. Why not have another button for the horse to press in case it wants some more?

OUR LINCOLN LETTER

Gossip from the State Capital, Legislative and Otherwise

The house has made the 2-cent rate bill and the anti-pass bill a special order for Tuesday afternoon, and the action of the republicans on this measure will be fully determined by a ruling before the time. That the republicans have got themselves into an embarrassing position over this 2-cent rate bill no one denies. Each member of the joint committee which drafted the bill agreed to support it and to fight any and all amendments to it. When the amendment to permit the railroads to go before the railroad commission on the matter was offered, few of the majority knew it was coming and hence it was lost. Now some of the republicans believe to carry the amendment will be to place in jeopardy all the other joint committee bills, for the reason if one committee bill is amended opponents of the platform measures will have an excuse to attempt to amend the other committee bills. A big fight will be the result, and it might terminate in the state-wide primary bill being seriously damaged and it might hurt the terminal taxation bill.

Professor Howard of the state university, head of the department of institutional history and sociology, was one of the speakers before the senate committee on judiciary, in favor of the passage of H. R. No. 9 or S. F. No. 50, the child labor bill. Senator King of Polk presided as chairman of the committee. Many men and women, some of the latter club women of Lincoln, were present to favor the bill. A large number of members of the senate and some of the house listened to the addresses. The speech of Professor Howard made a profound impression. He reviewed the history of legislation in favor of children, beginning in 1802, in England, to the last bill of the kind, one that was passed in 1903. He told of the conditions that once existed, told hair-raising stories of abuse and torture, and narrated the changes that had been brought about by public sentiment and laws, some of the latter having been in force in Massachusetts, New York and Illinois for many years with marked success.

Governor Sheldon's scheme for the local taxation of mortgages, either domestic or foreign, scored a signal victory in the house, when it was reported by the committee of the whole for third reading by a decided majority. The bill provides for the taxation of all real estate mortgages in the county where the land on which the mortgage is held lies. At the present time mortgages are taxed as personal property so long as they are recorded in Nebraska and not assigned to someone outside the state.

Repairs on the capitol building and grounds are to be the subject of inquiry by the house committee on public lands and buildings. A resolution by Dodge of Douglas condemning the way the building is being kept up, was passed and authority was given the committee to ascertain the cost of needed repairs. Mr. Dodge said the capitol was a disgrace to the state in its present condition. He was not in favor of building anew until the structure fell down, but he said he was in favor of doing some repairing.

A movement to revive the county option bill, killed in the senate, has come to light and is being aided and abetted by some senators who voted against the measure. The plan is to have the house amend the measure providing for election once every four or five years instead of every two years and providing that the county election shall govern the entire county until the next election. As no bill was drawn it allowed cities and villages to vote no license even after the county had gone wet.

A bill of importance to the school districts of that section of the state in which the revenues do not permit of a seven months' school a year was introduced in the house by Dornan, Henry, Hill, Metzger and Wilson. The bill provides that the state shall come to the financial assistance of those school districts which, though levying the maximum rate of taxes, cannot maintain a seven months' school, so that every school district in the state may have school each year for that length of time.

A measure important to all the people of the state was introduced in the house by Wilson of Custer county. This bill provides the state board of assessment shall use the unit system in assessing railroad property and the assessment shall be distributed according to mileage without regard to main lines or branch lines. Should the bill be signed by the governor after the terminal taxation bill is signed, it is thought by some the measure would nullify that measure.

The railroads had their innings before the house committee on railroads on the 12th on the proposed 2-cent passenger rate bill and of the four corporations represented, each argued that the rate would not be compensatory and each said not only would such a rate be detrimental to the revenues of the roads, but harmful to the state in general, while P. S. Eustis, passenger traffic manager of the Burlington, told the committee the first step his road would take should the bill become a law would be a test in the courts.

The state wide primary law pledged to the people by the republican, democratic and populist state conventions, will be introduced into the legislature the first of this week. The bill has been blocked out by the subcommittee and sent to the joint committee. The bill as prepared in the rough provides that the general election officers shall be the officers of the primary, the same machinery being used at both elections. It has been decided that instead of electing the precinct and county committees that task will fall to the lot of the nominees, it having been agreed that under the latter plan people will be selected for those important places who will have some interest in the election and who will not leave all of the work to the chairman and secretary.

Senator Gibson's employers' liability bill and Senator Thomas' bill allowing street railway companies to own securities in and own, operate and lease interurban companies and interurban lines passed the senate without debate. The Gibson bill did not receive a negative vote. It relates only to the more hazardous occupations on railroads and provides negligence by a fellow servant shall not be a bar to recovery by an injured employee or by relatives of an employee killed by accident. Contributory negligence on the part of the injured is left to the jury, which is allowed to scale the damages in the verdict according to the proportion of negligence. It also provides the acceptance of insurance money or relief department policy hereafter taken out shall not be a bar to recovery from the company.

The child labor bill was reported back favorably to the senate, but a fight is scheduled in favor of the farmers. The bill was amended in the committee changing the hours during which children will be permitted to work, from 7 o'clock in the morning until 7 at night, to 6 o'clock in the morning until 8 at night. This was done to permit the milking of cows and to do the chores on the farms.

Mr. Fries of Howard, a member of the minority party, succeeded in getting recommended for passage his bill providing a tax of \$3 to be levied against persons entitled to vote who do not avail themselves of the opportunity. The bill was amended to exempt from the law those who are kept away from the polls by unavoidable circumstances, though a statement to this effect must be filed with the county treasurer or the tax will be levied.

The senate on the 12th spent three-quarters of an hour listening to a special program in commemoration of Lincoln's birthday and then adjourned out of respect for the day. Rev. I. F. Roach of Lincoln delivered the address before the senate and eloquently eulogized the life and influence of the martyred president. The Oberlin quartet sang the "Battle Hymn of the Republic" and responded to an encore with "America." The services were impressive, though brief.

The joint committee appointed to draft a statewide primary law has concluded its work and the bill will be introduced the first of the week. Patrick, the fusion member of the committee, objected to the filing fee and may make a fight to have it stricken out by the legislature. The committee generally is pleased with the measure. It is a compilation of the Brown-Dodge-McMullen bills.

Senator King's free high school bill was recommended for passage by the senate. It allows any child living in a district which does not provide a full high school course to take the missing grades at some high school in the state. The tuition, which is fixed at 75 cents a week, is raised by taxation in his district.

The senate displayed a disposition to push the railway commission bill through as rapidly as possible when it voted to take the bill from the standing committee on railroads, to which it had been referred, and place it directly on general file. This will advance it more rapidly than the regular course.

S. F. 227, by Goodrich of Fillmore, providing that persons convicted of murder in the first degree shall be placed in the penitentiary and not put to death except by order of the governor, and in any event not less than one year after date of conviction, was indefinitely postponed by the senate.

The three uniform divorce bills recommended last fall by a meeting of divorce experts were introduced into the senate. The main bill changes the general divorce law, making it more stringent.

Sentiment for the most stringent anti-pass law possible has developed to such an extent in the house that the exceedingly stringent bill drawn by the joint committee is likely to prove inadequate to meet present ideas. In its place a substitute bill will be offered that has been prepared by Representatives McMullen, Jennison, Hamer, Cone and Quackenbush. It cuts off everyone from the free list save railroad employees, caretakers of live stock and railroad attorneys and physicians, who are on an annual salary of at least \$1,000 each.

The revelations regarding fraudulent paint materials which have been made by the Agricultural Experiment Station of Fargo, N. D., and published by Prof. E. F. Ladd, state commissioner, have occasioned almost as much of a sensation as the exposure of adulteration in food products did when the latter first began to appear. It has been shown that kegs marked "Pure White Lead" often contain other substances such as chalk, barytes, silica, etc., and that oil supposed to be linseed often contains petroleum adulterants, to say nothing of water in large proportions. Sometimes, so-called "White Leads" contain not an iota of genuine White Lead.

SOME NEW FRENCH KNIGHTS.

Queen of Holland Has Agreed to Recognize Vatican Titles.

Among the lucrative sources of revenue of the pope before the separation of church and state in France was the toll or tax on titles of nobility and decorations. Since the rupture the French government no longer recognizes the ennobling titles and decorations of the holy father. To have the right to wear the Vatican ribbon, or to be called count, it was necessary to obtain a confirmation of title. This gave much perplexity to the candidates.

The question has just been settled. Queen Wilhelmina has consented to validate such titles and distinctions. The result has been an amusing pilgrimage to The Hague—and also in an increase in the price of these pontifical favors.

In the last few weeks the French Knights of the Golden Spur, of the Holy Sepulcher, of Christ, of Gregory the Great, of Pius IX. have greatly increased.

HOME-MADE CATARRH CURE.

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Any one can mix right at home the best remedy of its kind known. The name "Cyclone" is given to the following prescription, it is supposed, because of its promptness in driving from the blood and system every vestige of catarrhal poison, relieving this foul and dread disease, no matter where located. To prepare the mixture: Get from any good pharmacy one half-ounce Fluid Extract Dandelion, one ounce Compound Kargon and three ounces Compound Syrup Sarsaparilla. Shake well and use in teaspoonful doses after each meal and at bedtime.

This is a harmless, inexpensive mixture, which has a peculiar action upon the eliminative tissues of the kidneys, assisting them to filter and strain from the blood and system all catarrhal poisons, which, if not eradicated, are absorbed by the mucous membrane, and an open sore or catarrh is the result.

Prepare some and try it, as it is the prescription of an eminent catarrh specialist of national reputation.

The "Thunderer." Judge Rentoul's reference on the bench to the Times as the "Thunderer" reminds us how remarkably this nickname has persisted. The Morning Post is no longer "Jeames"; the Standard has not been "Mrs. Gamp" since the decease of the Morning Herald—the "Mrs. Harris" to whom it would allude as an independent authority, and the two represented the same proprietor. But the Times is still the "Thunderer." It was that name to Captain Edward Sterling, who is said to have begun a Times article with the words: "We thundered forth the other day an article on the subject of social and political reform."—London Chronicle.

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By following the directions, which are plainly printed on each package of Defiance Starch, Men's Collars and Cuffs can be made just as stiff as desired, with either gloss or domestic finish. Try it, 15 oz. for 10c, sold by all good grocers.

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Toime and Toide.

Mrs. Hooligan was suffering from the common complaint of having more to do than there was time to do it in. She looked up at the clock and then slumped the iron she had lifted from the stove back on the lid with a clatter. "Talk about toime and toide waitin' fer no man," she muttered as she hurried into the pantry; "there's toimes they waits, an' toimes they don't. Yissterday at this blessed minute 'twas but tin o'clock, an' to-day it's a quarter to twelve."—Everybody's.

Laundry work at home would be much more satisfactory if the right Starch were used. In order to get the desired stiffness, it is usually necessary to use so much starch that the beauty and fineness of the fabric is hidden behind a paste of varying thickness, which not only destroys the appearance, but also affects the wearing quality of the goods. This trouble can be entirely overcome by using Defiance Starch, as it can be applied much more thinly because of its greater strength than other makes.

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