

How to Drink Water.

There are few people, we think, who thoroughly realize the value of water as a beverage or who know how to obtain the greatest advantage from it. The effects produced by the drinking of water, as pointed out by our excellent contemporary, Health, vary with the manner in which it is drunk. If, for instance, a pint of cold water be swallowed as a large draft, or if it be taken in two portions with a short interval between, certain definite results follow—effects which differ from those which would have resulted from the same quantity taken by sipping. Sipping is a powerful stimulant to the circulation, a thing which ordinary drinking is not. During the act of sipping the action of the nerve which shows the beats of the heart is abolished, and as a consequence that organ contracts much more rapidly, the pulse beats more quickly and the circulation in various parts of the body is increased. In addition to this, we find that the pressure under which the bile is secreted is raised by the sipping of fluid. And here is a point which might well be noted by our readers:

A glass of cold water, slowly sipped, will produce greater acceleration of the pulse for a time than will a glass of wine or spirits taken at a draft. In this connection it may not be out of place to mention that sipping cold water will often allay the craving for alcohol in those who have been in the habit of taking too much of it and who may be endeavoring to reform, the effect being probably due to the stimulant action of the sipping.

A Perfect Performance.

At a variety entertainment given in aid of a popular institution one of the "turns" was a ventriloquist. As this gentleman was recognized as one of the cleverest members of his profession, his appearance was looked forward to with much interest. At last it came. The stage attendants carried on to the stage three dressed figures, seated in chairs, as usual. The professor followed and then went through an astonishing performance. No one could detect a muscle of his face move during the laughable dialogues, and the changes of voice seemed marvellous.

On retiring the applause was deafening, and the ventriloquist had to return again and again to thank the audience for their appreciation. A couple of minutes or so after, when the audience were talking among themselves as to how it was done, they were thunderstruck to see the three figures get up from the chairs and walk off the stage also, but on realizing how completely they had been "sold" the laughter was uproarious. The professor had got three of his friends to take the place of his usual "lay" figures for that night only.—Pearson's Weekly.

How Bankruptcy Strikes a Maori.

A Maori chief who lost £40 through a white storekeeper going through the bankruptcy court has given the following lucid exposition of this particular branch of British jurisprudence: "The pakaha (white man) who wants to become pakarapu (insolvent) goes into business and gets lots of goods and does not pay for them. He then gets all the money he can together, say £2,000, and puts all of it except £5 away where no one can find it. With the £5 he goes to a judge of the court and tells him he wants to become pakarapu.

"The judge then calls all the lawyers together, likewise all the men to whom the pakaha owes money, and he says, 'This man is pakarapu, but he wishes to give you all that he has got, and so he has asked me to divide this £5 among you all.' The judge thereupon gives the lawyers £4 and the remaining £1 to the other men. Then the pakaha goes home."—London Chronicle.

Impartial.

An English clergyman, recently settled in a small town in Perthshire, met a farmer's boy while visiting the members of his congregation. In the course of conversation the boy said his parents had an aunt staying with them. The parson, not having much acquaintance with the Scottish language, and not quite comprehending what the boy said asked:

"Then, do I understand that your aunt is on your father's side or on your mother's?"

To which the young agriculturist replied:

"Well, while the one an while the other, excep' when feyther leathers them taith."—Dundee People's Journal.

Dry Plate Photography.

The first amateur pictures on dry plates were made something after the method employed by Charles Lamb's celebrated Chinaman in obtaining roast pig. The Chinaman burned his house to roast his pig. The amateur tore his camera to pieces to get his picture. The first hand camera was a pasteboard box containing one plate. A pinhole served as a lens and after the exposure of the plate the box was taken to the dark room, cut open, and the plate extracted. This was rather expensive picture making, and it was not long before a magazine camera was invented, and suddenly all the world began taking pictures.—Elizabeth Flint Wade in St. Nicholas.

A Good Starter.

Long—I'm getting too stout for comfort, but am unable to find a remedy.

Short—It is said that nothing reduces surplus flesh like worry.

Long—But I have nothing to worry me.

Short—Well, just to help you, I'm willing to let you lend me \$10.—Chicago News.

It is stated that the merchandise carried by rail in the United States is double the amount of land carriage of all the other nations of the earth combined. This means that the 70,000,000 people of the United States transport twice as much merchandise as the remaining 4,400,000,000 of mankind.

NAVAL NAVIGATORS.

THEY HAVE MANY VERY SERIOUS DUTIES TO PERFORM.

Besides a Thorough Nautical Training the Officer Who Navigates a Man-of-war Must Be Possessed of a Vast Fund of Technical Scientific Knowledge.

It is doubtful if any office in the navy, aside from an absolute command, involves so vast a responsibility as that of navigator of a man-of-war. The duties of this important station in former years fell to officers of the rank of master, but with the abolition of that grade its affairs devolved upon the lieutenants holding the highest numbers on the list. Upon the navigator of a warship depends not only the task of shaping the vessel's course for any point across the seas to which her destinies may direct her, but also the responsibility of piloting her in and out of harbor and of selecting a safe anchorage for her in every port visited during the period of her cruise. Hence, it follows that, combined with a thorough nautical training, the competent navigator must be possessed of a vast fund of geographical, meteorological and hydrographical knowledge. While at sea, he must know the vessel's position to a degree, which necessitates his taking frequent observations of the celestial bodies and making solutions of intricate problems in geometry and trigonometry, such as constantly arise through deviations, brought about by innumerable causes, from her given course.

Unquestionably the most important element in navigation, because of its infallibility under ordinary conditions, in determining the latitude, longitude and error in the ship's compass, is what is known as maritime phraseology as "nautical astronomy." With the aid of a sextant or quadrant for measuring the altitude of the heavenly bodies above the horizon or their distance from each other, a timepiece to mark the instant of an observation, a chronometer to show the time at the first meridian, a nautical almanac and an azimuth compass, the navigator can readily determine his position with the utmost exactitude.

The average voyage is more or less characterized by erroneous estimates in distances sailed, in varying currents, careless steering, deviation in the compass and numerous other obstacles, and upon the navigator rests the responsibility of adjusting such errors. In long passages across the open sea the navigator is governed by a rather complex combination of motives, which may be summed up as follows: To cover the required distance in the shortest space of time with the smallest expenditure of fuel and the least wear and tear of the vessel that is possible.

With these objects in view the navigator must prior to sailing superintend personally the stowing of the hold, the arrangement of ballast, water, provisions, stores, etc., and the inspection and adjustment of the motive appliances of the ship, all of which features, severally and collectively, greatly affect her speed and seaworthiness.

If his vessel possesses the facilities for making sail, he must while at sea exercise the keenest judgment and foresight as to utilizing the same, for sail used to good advantage is a great saver of coal, while otherwise, if used indiscriminately, it may entail much loss of time. The expert navigator draws the line with exceeding fineness between a high fair wind and a gale, making the most of the former as long as his vessel is not jeopardized, leaving her to at just the proper period and getting under way again at the first sign of moderation in the weather. The commander of a warship reposes the utmost confidence in a skilled and careful navigator and rarely interferes with his plans. Another of the numerous details coming under the navigator's supervision is the keeping of the ship's log. This is commenced by him at the time the vessel is placed in commission, and its pages record the events of each succeeding day. There is absolutely nothing which transpires officially on board of a man-of-war that is not written in the log, and each day the navigator must carry it to the commanding officer for his inspection. At the expiration of every six months the ship's log must be closed and forwarded to the navy department at Washington, where it is placed among the records.

The navigator is provided with a large and varied assortment of instruments and appliances designed to facilitate his work. While in port he is often detailed to make surveys of portions of the coast line which may be defective upon the charts or to determine the exact location of rocks or shoals which hitherto have not been marked with sufficient accuracy.

The navigator has charge of all the various weather indicators of the vessel and must render quarterly reports of all meteorological observations. These are taken at regular intervals by the quartermaster of the watch and fully entered upon the ship's log. The navigator must regularly inspect the steering gear, compasses, anchors and chain cables of the ship and daily report their condition to the commanding officer. He must also keep a separate book in which are recorded all calculations relating to the navigation of the vessel and in which no erasures are permitted to be made. At the expiration of the cruise this book is forwarded to the bureau of navigation.

The duties of a navigating officer are more than sufficient to fully occupy his time, but, notwithstanding this fact, he frequently stands his watch at sea. While in port he is ex officio the executive officer during the latter's absence from the vessel.

The illustrious Dewey was, during the earlier period of his career, an acknowledged expert as a navigator, and to his excellent ability in maneuvering may be largely accredited his splendid victory at Manila.—Philadelphia Times.

INSECT HEAVY DRINKERS.

Butterflies Sit For Hours Sucking More Moisture Than Needed.

By means of a large number of observations Mr. J. W. Tutt is able to confirm what has been stated by other observers that certain butterflies and moths are very much addicted to drink. In a paper published in the "Proceedings" of the South London Entomological and Natural History society Mr. Tutt says there can be no doubt that butterflies drink more than is required by their tissues under any possible conditions. He has known *Polyommatus damon* sit for more than an hour motionless except for the slight movement of sucking up and discharging the moisture almost continuously.

What this internal bath may really mean cannot be surmised. Another important factor as to this drinking habit is a strange one, the "thirsty souls," as far as his observation goes, being almost entirely males. Possibly if exact observations could be made it might be found that females in small numbers also visit puddles, pools and streams for drinking purposes, but as far as Mr. Tutt has been able to discover it is the males alone who indulge in these copious libations, while the females are away laying eggs. Moths and butterflies of both sexes visit sugar, overripe fruit and similar dainties, but they do so for food. The males alone seem to be attracted by pure water, and Mr. Tutt suggests that, their extra activity having originally given them greater need in this direction, a habit which was at first a necessity has become so pleasurable that excessive drinking has literally become a vice.

MUSIC FROM HEAVEN.

Charming German Method of Summoning Church Worshipers.

While religious music will doubtless live as long as religion itself there is one branch of it—if music it can be called—which is luckily becoming obsolete. I refer to bells and chimes. I shall never forget the look of distress with which a famous organist once said to me that whenever he heard a set of chimes he wished he could put his ears in his pocket.

In these days of \$1 nickel watches bells are no longer needed to inform people when the service begins. They are, moreover, a decided nuisance, and often a dangerous one, for they have killed many invalids whose life depended upon a few hours' sleep, which the bells murdered. In New York bell ringing has been frequently stopped on account of complaints to the board of health.

If it seems desirable to have a means of summoning worshippers to church, why not adopt the delightful old custom that is still observed in some south German villages and in the city of Stuttgart? There four trombone players ascend a church tower three times a day and play a solemn chorale.

In all my musical experience I have never heard anything more thrilling than those majestic harmonies in the air, which seemed to come straight from heaven. If our churches would adopt this custom and these celestial sounds became associated with religious experiences, they might arouse the dormant devotion of many a one who otherwise would pass the church door by.—Forum.

Swenson Obeyed Instructions.

It was in an aristocratic Hyde Park home. The well trained English butler had left, and the newly engaged man, a Swede, was in process of breaking in. Callers came, and he took the cards to his mistress in his ungloved hands, leaving the silver card tray resting quietly in the hall.

"When you bring things in here, Swenson," said she, "use the tray. It is not proper to bring them in your hands."

"Yaas," he replied.

Mrs. H. Park had a new toy terrier. The guests wished to see it, and she sent for Swenson to fetch it.

Soon there was a succession of staccato yelps and whines. The door opened, a very red faced Swenson appeared with the silver tray in his left hand and a tiny dog terrier held firmly down on it with the other.—London Globe.

An Old Friend.

A gentleman, while traveling on a certain railway, got out at a station where the train stopped for a few minutes and entered the refreshment room. His eyes resting on a basket containing buns, he suddenly burst into tears. The sympathetic attendant gently asked him what was the matter and elicited the following touching explanation:

"Pray excuse my emotion. Two years ago I was traveling on this line on my honeymoon. My wife came into this refreshment room and scratched our initials on a bun which I see in this basket. I beg you to let me have it as a tender souvenir. Here is half a dollar."—New York Ledger.

The Editor's Protest.

The editor of The Clarion was a very patient man. A startling crash from the direction of the composing room caused him to push his spectacles upon his brow and cease writing. When he found that the boy had let the first page form fall on the floor, where it lay in an incoherent mass, he shook his head reproachfully and exclaimed:

"Lemuel, I do wish that you could manage to break the news more gently."—Washington Star.

More Solemn Still.

"It is a solemn thing," said the young man, "when a woman trusts a man with her affections."

"It ain't so solemn," said the man with the dry goods necktie, "as when she won't trust him with his own wages."—Indianapolis Journal.

Nerve.

Nerve is that faculty which enables us to put on airs in the presence of our own family.—Chicago Record.

The Antiquity of Glass.

Glass has been employed, we know, both for decorative and domestic purposes since the dawn of civilization. The earliest remains date from Egypt 3004 B. C. and are preserved in the British Museum. It is an amulet, in the form of a lion's head, of opaque blue color, with hieroglyphics that determine its date. On the rock outcrops of the necropolis of Memphis glass blowers were depicted as early as 3900 B. C. Stories are told by Pliny, Josephus and other writers to account for its discovery, but these are very doubtful, so that we have only to rely upon facts attested by actual remains.

The discovery was doubtless fortuitous. Such lucky finds are often the work of chance. When it occurred, we cannot determine; but, so far as we know, Egypt, as she was the germ of all civilization, was also the mother of this art, which she applied to a multitude of purposes, strangely excepting that which we deem most necessary—namely, to admit light into buildings.

The dwellers by the Nile handed down the art to the Phoenicians, who in like manner bequeathed it to the Assyrians. Then it was passed along to the Persians and the Greeks, then to the Romans and the Byzantines, who in turn communicated it to the Venetians. The monks of the middle ages appropriated it to beautify their Gothic temples, and so it came down the centuries to modern times.—Frank H. Vizeletly in Woman's Home Companion.

A Hopeless Case.

A Scottish paper tells a story of an old Scottish woman who was "uncodrouthie," without the money to buy "a drappie." "Lassie," she said to her little granddaughter, "gang round to Donald McCallum and bring me a gill. Tell him I'll pay him i' the morning."

Back came the child with a refusal. Donald declined to part with his whisky without the cash. Eager and irritated, the old woman cast about for some means of "raising the wind," and her eye fell upon the family Bible. "Here, lassie," she said, "gie him this and tell him to keep it until I bring him the siller." Off went the little girl, but she soon returned, still carrying the Bible. Donald was obdurate.

"He says he maun hae the haubees first, granny."

In anger the disappointed grandmother threw up her hands and exclaimed: "Losh, did onybody ever hear the like o' that! The man will neither tak my word nor the word o' God for a gill o' whusky!"

How Snake Poison Kills.

The action of poisons upon the system is and always has been one of the most interesting of subjects. Just how and why it kills has been determined through a series of experiments made by scientists. The following description is unquestionably the best and most lucid of any that has been given to the public: "The venom may be roughly separated into two parts—one acting upon the blood, and the other upon the nerves. When injected, it immediately begins to create terrible destruction in the blood vessels, the walls of the veins are eaten away and an internal hemorrhage takes place. While this is going on a portion of the venom is attacking the nerves. Particularly susceptible to its ravages is the 'vasomotor' system, a nerve center which controls the muscles of respiration. Paralysis takes place in these organs, and the victim generally dies from an inability to breathe."—New York Ledger.

Bismarck's Ancestors.

It is stated that the Bismarcks first made their appearance in Brandenburg as cloth merchants. In 1430 or thereabout it is believed that one Claus Bismarck advanced a sum of money to the Margrave Ludwig, which was secured upon the customs of his native town. The citizens, however, rebelling against this arrangement, the margrave assigned to Claus Bismarck the fief of Burgstall, and it was in this manner that the nobility of the family began. In the middle of the sixteenth century the Bismarcks came under the sway of the Hohenzollerns, to whom they have ever remained faithful vassals.—London Globe.

A Fancy For Old Hats.

The inhabitants of the Nicobar islands, a group in the Indian ocean, have an extraordinary fancy for old hats, and a regular trade in such cast off headgear is carried on between Calcutta and Nicobar, the much desired headpieces being paid for in coconuts. A tall chimney pot is the favorite among the Nicobarians, and the acme of fashion is considered to be a high white hat with a black hatband. This is worth from 50 to 60 coconuts, and is worn by the Nicobarian dandy when he goes out fishing, the rest of his attire consisting solely of a waistcoat.

Willing to Fortify.

It was a few minutes before dinner when little Fred inquired: "Mamma, have I been bad today?" "Yes, Freddie, very bad indeed." "Do you think you'll send me to bed without any supper?" "I have a great mind to." "Well, mamma, I wish you would let me know now, so that I can tell how much dinner to eat."—Pick Me Up.

The Secret.

The Scoffer—Why do missionaries make such great efforts to train the heathen to wearing clothes? Are dresses and bonnets a necessary part of religion? The Missionary—No, but nothing makes a woman come to church regularly so well as knowing that the other women will be there in new bonnets.—Cincinnati Enquirer.

How They Wed in Spain.

Marriage in Spain takes place by day or at night, according to the fortune of the young people or their station in life. If well to do, the ceremony comes off in the early part of the morning.

The Anvil Bird.

At dusk in the wilds of the gloomy Brazilian forest you will think it strange to hear the clink of a hammer on an anvil. You would imagine that you were approaching some settlement, and the picture of the ruddy glow of the forge would come up before your eyes.

But if your guide were a native, he would tell you that the sound was made by a campanero, as they call it, although to foreigners it is known as the anvil bird.

This bird is a little larger than a thrush. The plumage is perfectly white, the eyes are a pale gray color, and the naked throat and skin around the eyes are of a fine bright green, while its more northerly relative is orange and black, very much like our oriole.

It is generally in the early part of the day that the campanero sends forth the wonderful note that can be heard at a distance of three miles. Marvellous indeed must be the mechanism of the vocal organs of so small a bird to produce so far-reaching a note, but there is no doubt of the fact, for many travelers have heard the strange sound uttered by the bird when perched on the topmost branch of some withered tree.—Our Animal Friends.

Paper Bags For Travelers.

Comfort in traveling is an important consideration, and the newest idea for a journey is one worth regarding. Dodging railroad cinders and dust is something not to be thought of. When a thoroughly clean railroad trip is possible, the millennium will have arrived, and this period is still, according to all beliefs, a long distance off. But, owing to a simple thought of a practical man, the traveler can now protect his or her hat, which was out of the question before.

A humble paper bag, obtained from the nearest grocer, is the god of the machine. This is folded compactly and stowed away in the pocket (in the hand bag or purse if the traveler is a woman and is pocketless). Before the cars start the bag is opened, the hat placed therein, the bag pinned across its mouth and the whole laid in the rack. Thereafter, until the destination is all but reached, the traveler need have no thought of his headgear, for no dust or cinders can reach it. It will be found in the best of condition upon opening. So simple is this device that it is a wonder it was never thought of before.—New York Herald.

A Scotsman Who Ruled Russia.

Although not generally known, it is a matter of history that an alien, a Scotsman, once held the reins of government in Russia, and to him that country owes her civilization, government and present position among the nations. Patrick Gordon was born in Auchleuchries, Aberdeenshire, March 31, 1635. His father was of the Haddo branch of the Gordons, and his mother was an Ogilvie. He went to seek his fortune in Russia and became a soldier of great bravery in the Russian army in the time of Alexis I and had now attained the rank of colonel. By his bravery and success he gained the love of the army and the esteem of the whole nation and had under his control 12,000 newly formed soldiery, who were under foreign officers in the town of Moscow. Gordon himself had the czar's command not to leave the capital, but his authority extended over all provinces except those in which the southern army were engaged under General Shein, yet the latter had express orders from the czar not to undertake anything of moment with General Gordon's advice.—Scottish American.

Both Eyes to Business.

He was a typical street gamin, with a blacking kit slung over his shoulder, and as he walked boldly into the store of a Wabash avenue optician his head scarcely reached the top of the counter.

"Say," he asked of an elderly gentleman at the desk, "are youse de guy wot runs dis joint?"

"I am the proprietor," was the reply. "What can I do for you, my boy?"

"Den I've got one o' dem resserprosity proporsitions ter shy at youse," said the urchin. "Gimme one o' yer chairs an let me open up a shoe shinary in front o' yer winder, see?"

"Not exactly," replied the optician. "I fail to see what benefit I would derive from such an arrangement."

"Well, it's like dis," answered the youthful schemer, "yer see, I puts kicks a dazilin shine on me customers' kicks dat it ruins dere eyes, an dey'll haf ter come in and buy specks o' youse. Savey?"—Chicago News.

Model Letter Writers.

A Boston publishing firm that issues school readers recently received the following letters from rural school trustees:

Mr. — I have bought all fables Story Books and Novels I am a Goin to I shal see the Board aboit it first. I have Bought all School Books Requird I am Giting tiard of Bying Novels. Yours, Dear Sir

I Can not Get no nobles (novels) book for a Scool Book, he can read Out of his Reeders and not Out of the Fairtail Stories Books Yours Truley

Appreciative.

"Don't misunderstand me," said Meandering Mike. "I ain't down on work." "You don't seem to have much affection fur it," replied Plodding Pete. "Yes, I have. Work is a good t'ing. If it wasn't fur work, how would all dese people git money to give us?"—Washington Star.

Paper made from seaweed is a growing industry in France. It is so transparent that it has been used in place of glass.

If we knew the day of our death, it would overstimulate the wise and paralyze the fool.—Boston Transcript.



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