

THE WRONG WAY TO WALK

Inelegant and Slovenly Gait Noticed All Too Frequently.

Walking—one of the most popular and beneficial exercises—is well discussed in Good Housekeeping:

Very stout or slouchy people allow the abdomen to "lead." Brain workers, worriers, all nervous and physically uncultivated people, let their heads lead; the head is further advanced than any other part of the person. Dyspeptics whose thoughts are centered on their stomachs, often unconsciously lead with the waist line just over the offending organ. Occasionally a weak-willed person permits the knees to lead. When a thin, bad walker moves rapidly, there often seems to be a race between nose and knees, and you watch to see which will arrive at the goal first.

When a young woman's skirt and a young man's trousers show a bulging shape over the knees, their owners are leading sedentary lives or have never learned to walk correctly. This part of the lower limbs should be kept straight, and the ball of the foot, not the heel, should touch the ground first. When the head is bent for long hours over sewing machine or ledger or on a desk, it is not an easy matter to pull it back to its proper position and make it stay there, and it seems so much more easy and comfortable to let the chest sink than to hold it up to its right place; but the demands of health and beauty are identical in the matter of a head held easily, not egotistically, back, and a chest kept in the highest and most advanced position.

It is a striking fact that this attitude of head and chest is expressive, not only of health and grace, but of the finer mental qualities. The embarrassed boy drops his head; if he would hold his head up, his nervousness would disappear. The shy girl thinks that every one in the room is looking at her, and her chest sinks; but if she would hold it up—assume the attitude of courage, though she have it not—she wouldn't care whether they looked or not. The self-conscious person who knows he is stiff and awkward, and who knows that his stiffness and awkwardness are the direct results of his self-consciousness, should imagine that a strong string is attached to the upper part of his chest and held by an invisible hand above him. All he has to do is to let his body depend from that string and keep his head well back of it, and his mind and body will alike become easy and free. The most graceful walker I ever knew told me that she habitually walked by the aid of this invisible cord.

Tooth Brushes.

Dr. S. H. Arnold gives some interesting facts and good advice in regard to that daily friend, the tooth brush:

Nearly all brushes are made from bristles taken from the wild hogs of Russia or China. The handles are common beef bones. They are made mostly in Japan, France, England and Germany, and by one firm in the United States. Probably English brushes are the best made and worst shaped. The French are next in quality, but far ahead in form. Germany and Japan are generally imitators. Some of the most expensive English and French, and all American brushes, are made in factories under more or less sanitary conditions, but the cheaper grades, including all German and Japanese brushes, are made in the huts of the peasants, where cattle, dogs, swine, fowls and humans are herded in common. The bristles and bone are given out by the dealer and taken into the country, where they are assorted by the aged and young children and diseased persons, the stronger members of the family working at more remunerative employment.

These cheap brushes are often in the most unsanitary and wretched surroundings imaginable, and it is a significant fact that after being made they are seldom sterilized before using.

The English brushes are generally very much too large to be efficient. The French are better shaped, but are apt to be too long of head, making much waste to the brush, and are too long of bristle.

A wide brush is not advisable because it limits the movement possibly longitudinally to the tooth. Long bristles are not the best, because they bend when the brush is thrust back between cheek and teeth, and stay bent till the brush is withdrawn, thus missing the interproximal spaces so much in need of cleaning. Soft bristles become softer when wet, and utterly fail to enter the spaces at all. If the surface of the bristles is concaved longitudinally to fit the labial curve of the teeth, then when the brush is reversed and used on the lingual surfaces, only the ends of the brush engage the teeth; hence, more teeth are missed than cleaned, and the user is deceived into thinking he has cleaned his teeth because he has brushed them.

Studying the brush over and what is required of it, it would seem that the brush best adapted to use in the human mouth should have a short, narrow head, with short, rather stiff bristles, trimmed straight longitudinally and convex latitudinally, that each line of bristles may come successively into use as the brush is rotated.

Breathing for Strength.

Instead of the above heading might be written, "Breathing for life." For that is really what we do. And since this fact is so easily demonstrated, it is strange that we have

not more quickly and fully discovered that in this vital process lies the secret remedy for a thousand ills, fit not "the fable fountain of immortal youth." Men have lived weeks without eating; days without drinking, and nights without sleeping; but how long can we live without breathing? Twenty ounces of food and a few pints of water will supply the body one day; but, upon a low estimate, it requires thirty thousand pints of air in the same length of time.

The delicate machine which this volume of air enters is said to contain over 700,000,000 air cells, or little workshops. Into the walls of these there flows, like the sewerage of a great city, the foul, venous blood of the body. In these remarkable workshops it is quickly transformed into a rushing red torrent filled with life-giving oxygen from the air. What a wonderful invention! What a miraculous process! And yet you are trusted with operating one of these instruments.

Would you note its magical effect under proper conditions? Then stand erect. Open the doors and windows; or, if you are sick in bed, have them opened. Lift your chest and chin, and breathe the invigorating air of heaven, till the muscles of your abdomen fairly bound with joy. Now, isn't that a tonic. Then take it many times a day. You can repeat the dose often. Even as I write the fresh air tickles my finger tips; for when we breathe deeply, it goes to all parts of the body.

To "The Sufferin' Neat"
There was a little woman
In a very sorry plight;
For, strange to tell, this woman
Disliked to dwell with light.
She closed her blinds up tightly,
Then craped the windows o'er,
For fear the blessed sunshine
Would spoil her walls and floor.
This dainty little woman
Grew very pale and thin,
Just like the weak potato sprouts
In cellars deep and dim.
Ah, silly little woman!
You have faded out of sight,
Because you would not let in
The sweetness of God's light.
—Farm and Fireside.

Consumption Can Be Conquered.
The universal interest in the Anti-Tuberculosis movement is shown in every convention held to consider this work. The discussions are practical, not theoretical. The audiences are popular, not merely professional. The whole people are interested.

In a session just closed at Atlanta, Georgia, many important and interesting phases of the prevention and cure of consumption were considered. Dr. C. P. Ambler gave a concise review of the duty of the physician in charge, to the patient and family. His paper was enthusiastically received and adopted as the sense of the League on this subject.

His points were as follows: First, Tuberculosis is not the fatal disease commonly believed.

Second—While communicable it can be made practically harmless by the proper course on the part of the patient.

Third—The chief cause of the high mortality is late diagnosis.

Fourth—Late diagnosis is caused by indifference of the patient to early symptoms and carelessness on the part of the physician consulted.

Fifth—By thorough, systematic instruction of the patient better results can be accomplished than by medication.

Sixth—Instruction of patient, family and friends, and close observance on their part of the rules laid down will practically rob the disease of its method and means of extending.

Items that Count.

There is one important fact that should be indelibly fixed in the mind of every thinking, reasoning being, and that is that any physical derangement, no matter how slight, leaves its impress on the system, and that the individual can never be exactly the same as before. We know this is contrary to the opinion generally held, for we frequently hear the remark made concerning one who has recently passed through a slight sickness: "The doctor says he is as sound as a bell now!" This is optimism, pure and simple, on the part of the physician, and it does good by establishing confidence in the mind of the whilom patient; but, in reality, it is not so. No disturbance of the normal course of the functions can pass away and leave things exactly as they were. A permanent damage has been inflicted, and although it is not appreciated at the time, Nature is a rigid bookkeeper, and these apparently trifling debts to her are duly entered against the individual, and you may rely upon it that sooner or later the bill will be presented. It is the sum total of these minor injuries that become formidable—the accumulation of these trifling derangements that break down constitutions ultimately.

The Use of the Potato.

According to statistics cited by Waldron in the Revue pour Tous, the potato is more largely used in Europe than any other food substance, the average amount annually eaten per capita being as follows in the different countries named: England, 242 pounds; Austria, 662 pounds; France, 697 pounds; Norway and Sweden, 739 pounds; Germany, 1,298 pounds; Ireland, 1,364 pounds. The per diem consumption for England is eleven ounces per day, and Ireland, three and three-fourths pound, or nearly six times as much.

NEBRASKA STATE NEWS

NEBRASKA BRIEFS.

Ainsworth will celebrate on both the 4th and 5th of July.

Secretary Morton will resign his navy portfolio July 1.

Horace A. Scott, a veteran merchant of Osceola, has retired from business. The Bradshaw Telephone company has increased its capital stock to \$50,000.

Wedding bells are ringing merrily all over Nebraska this rosy month of June.

John Price, colored, and a boy named Lee are in durance vae at Plattsmouth for robbing cars.

The King-Graham Manufacturing company of Omaha has been organized with a capital stock of \$100,000.

Labor Commissioner Bush will endeavor to provide labor for those who wish to go to the harvest fields this year.

Many of the farmers of Gage county who lost their wheat crop by the hail are making plans to increase their corn acreage.

The new concrete mill dam at Holmesville is nearly completed. A dynamo is to be placed in the mill, which will furnish light for the town. Three new rural mail routes were opened in Gage county last week, making thirty in all and completely covering the county with the rural delivery system.

Mrs. Estella Sharples, an aged inmate of the Home for the Friendless, Lincoln, was found dead in her bed. It is presumed that she died of heart disease.

The graduating class of the Lincoln High school this year is the largest in the history of the institution. There will be close to 375 graduates, as compared with a record number of 110.

The German American bank at York has been incorporated with a capital stock of \$30,000. Joshua Cox, S. S. Suscaden and others are interested in the venture.

Chief Justice Holcomb granted a suspension of sentence to John E. Chandler of Custer county, who was sentenced to three years in the penitentiary for the theft of a steer.

More than seventy-five graduates from the various medical schools wish to apply for permission to practice in Nebraska and the state examination for these will be held next week.

A barn belonging to J. H. Twaring, southeast of Stromsburg, was struck by lightning and totally destroyed except the horses. His loss will be nearly \$2,000, with an insurance of about \$600.

The North Platte Valley Water Users' association has filed articles of incorporation with the secretary of state. The capital stock is \$200,000. This is to control the water used in the Pathfinder project.

Several attaches of the state game warden's office went to Clay Center to assist in the prosecution of August Anders, charged with using dynamite to kill fish. The department is seeking to stamp out pot hunting and fishing altogether.

W. H. Pebernat, a section hand at Torrington, was killed by being struck by a train on the Burlington near Angola. The remains were brought to Alliance, where Coroner Moore held an inquest, the jury finding that death was accidental.

A commercial club was organized at Stromsburg with forty-five members. J. W. Wilson chairman and A. Hedblom secretary. Several questions were discussed, particularly concerning the new survey for a railroad running two miles north of the city.

The coroner's jury investigating the death of M. E. Evans, whose body was found in the stairway of the Calumet restaurant at Nelson, returned a verdict finding that he came to his death from the results of a blow on the head with a blunt instrument in the hands of E. S. McCormick, in the presence of George Chapman. Both these men are now under arrest for murder.

M. O. Christian, semaphore man on the Rock Island between Richfield and Meadow, three miles southeast of Springfield, Sarpy county, found several sheets of United States postage stamps scattered along the railway west of the semaphore. They are 1 and 2-cent stamps and were supposed to have been thrown there by parties who had stolen them, or they may have blown out of the mail car window.

The Union Pacific company has made a mutually satisfactory settlement at Grand Island with the family of Lena Speetzen, the little girl who had an arm cut off in a crossing accident about five months ago. The settlement is for \$5,000 cash, with the promise that after the young woman has made the regular court in the high school and learned stenography she will be given a position in the offices of the company and shall be given whatever transportation she may at any time need.

Bert Stevens of Red Cloud, while leading a horse and sitting in a wagon, in some manner got his leg entangled in the rope and the horse, suddenly pulling back, broke the young man's leg just below the knee.

The semi-annual statement by State Treasurer Mortensen indicates that \$993,805.32 has been received into the state general fund during the past six months ending May 31, while in the same period \$973,448.45 has been paid out. At the beginning of the half year the general fund had \$15.52 to its credit, while at the close the amount was \$21,372.39.

IRRIGATION IN NEBRASKA.

G. L. Shumway of Scotts Bluff Tells What is Being Done.

Regarding the articles of incorporation of the North Platte Valley Water Users' association, which have been filed with Secretary of State Galusha, G. L. Shumway of Scotts Bluff says its purposes are to co-operate with government work in that section of the country; to get water subscriptions from the owners of deeded lands; to act as agent between the government and the irrigator in collecting charges for water, and to settle disputes which may arise over water distribution in the future. One of the things which the federal irrigation act overlooked was a statutory authority to use the power which may be developed from its works for any other purpose than that of promoting irrigation. The Water Users' association has provided for that contingency and may appropriate it for any purpose.

Contracts for construction of forty-six miles of government canal, at an expense approximating \$450,000, were awarded a few days ago, and fifty miles more will soon be in shape for bids, which will take it to the lake region. Three lakes are contemplated near Scotts Bluff, the smaller to cover 1,200 acres and to be forty feet deep; the others to cover 4,000 to 5,000 acres and to be fifty to ninety feet deep. The government has seventy-five men prosecuting surveys and cross-sectioning in Nebraska, and it is expected contracts for this fifty miles will be let in July or August.

CATTLE ARE POISONED BY WILD PARSLEY

Reports have been received at the state university from western counties of this state that cattle in various localities in that section are being poisoned by feeding on what is supposed to be a species of wild parsley, says the Nebraska State Journal. It is said that the animals die suddenly after eating the plant, and the cases have become numerous enough to demand investigation. Specimens of the plant have been sent to Dr. Bessey, but have not been fully enough developed to permit their poisonous or non-poisonous properties being definitely ascertained. The plant is supposed to be what is known as "white flowered parsley," a common low prairie plant with much divided leaves, and known to be poisonous to stock. It usually appears early in the spring before the grass is suitable for pasture, and grows in small clumps or groups. When pasture is good the cattle refuse to touch the plant but often when they are turned out very early in the spring they are willing to eat almost anything green. It is supposed to be something of this sort that has caused the trouble this year, although pasture is pretty well up by this time. About ten or twelve years ago much trouble was experienced from what was apparently the same plant. The university authorities were asked for advice at the time and a big scare was worked up over the weed. As soon as pasture became good the trouble ceased and the matter was dropped before good specimens of the plant could be sent to the university for examination. It is feared that the same trouble will be experienced again this year, and that as soon as the cattle are able to find enough green stuff to feed upon without eating the parsley, the farmers will not care to investigate further. Requests have been made for full grown specimens of the weed, but these have not yet been received.

WELL-TO-DO FARMER FOUND DEAD IN BIN

Pender—Herman Boorman, a well-to-do farmer residing six miles southwest of her, was found dead in an oat bin. It is supposed he committed suicide, as he was hanging to a beam with a rope around his neck.

Ten Thousand for Hastings College.

HASTINGS—Rev. E. Van Dyke Wright has just returned from an eastern trip. While away he secured a donation of \$10,000 for the endowment fund of Hastings college.

Farmers Co-Operate.

The Farmers' Co-Operative association of Lebanon, with an authorized capital stock of \$20,000, has filed articles of incorporation in the office of the secretary of state. A similar corporation, called the Farmers Shipping company, with an authorized capital stock of \$10,000, has been incorporated by farmers living near Bartley, Red Willow county.

Prof. Bessey of the University of Nebraska has received many complaints from farmers over the state regarding the prevalence of yellow top clover in newly seeded alfalfa fields. It is thought that part of the alfalfa seed sold in Nebraska this spring has been adulterated with this clover seed.

ARLINGTON—W. W. Ely, a prominent and wealthy farmer, who resided three-fourths of a mile north of Arlington, died of a self-inflicted wound. He shot himself with suicidal intent.

THE ADMIRALTY STUPIFIED.

Overwhelmed by the Disaster Over-taking Rojstvensky.

ST. PETERSBURG—The Russian Admiralty is literally stupefied at the extent of the disaster suffered by Vice Admiral Rojstvensky's fleet, and its own advisers paint the situation in worse colors than even the Tokio dispatches. The Associated Press Vladivostok dispatch received at an early hour this morning accounts for only two ships of the great Russian fleet—the cruiser Almaz and the torpedo boat destroyer, Grozny—and the absence of news about the battleship Navarin and the cruisers Oleg and Aurora, which are the only fighting ships of any value not enumerated in the Japanese lists of destroyed or captured and which, up to 4:30 o'clock yesterday afternoon had not reached Vladivostok, renders almost idle any hope that they were able to shake off the pursuing Japanese cruisers and reached the shelter of the fortress at Golden Horn.

The officers of the Almaz dispute Admiral Togo's claim of victory with practically no boats and destroyers scored heavily Saturday night. The conditions on Sunday were most favorable. The night was calm and clear and land was visible for forty miles across the Tsu Straits.

Tokio is again jubilant. Hundreds of callers and deputants through the Navy department offering thanks and congratulations. The newspapers declare that Admiral Togo has gained a place beside Nelson.

The disposition of the Japanese fleet appears to have been an ideal one. Admiral Togo had waited for weeks in the vicinity of Tsu islands, refusing to be lured away and to forfeit his advantage. The inner line was held by Admiral Togo with the battleships and Vice Admiral Kamimura with the cruisers.

PRESIDENT ROOSEVELT WILL VISIT THE SOUTH

WASHINGTON—President Roosevelt will take a trip through the south next autumn. This announcement was made at the White House. Coupled with it was the statement that the extraordinary session of congress, which it is the present intention of President Roosevelt to call, will not begin until after the November elections.

The president had intended to begin his southern trip early in October, but within a day or two he has concluded to postpone his departure until the 17th. The trip will consume about two weeks. As yet the itinerary has not been arranged definitely, but it is the president's intention to visit many of the important cities of the south, including Richmond, Va., Raleigh and Charlotte, N. C., Atlanta, Ga., Jacksonville and Tampa, Fla., Birmingham, Tuskegee, Montgomery and Mobile, Ala., New Orleans, La., and Little Rock, Ark. The trip will end at Little Rock.

Rescue Captain and Crew.

NEW YORK—The life-saving station at Lone Hill, R. I., reports that a steamer is ashore abreast of Shinnecock Light. The station has put out, but has not yet reached her. The vessel proved to be the fishing steamer Seaconett, Captain Charles Fish, bound from Greenport, L. I., to New York. The life-saving crew took off the captain and two men comprising the crew of the fisherman, which lies full of water one and three-quarter miles west of Shinnecock Light.

PUTS IN A WORD FOR PEACE.

President Has Extended Conference with Count Cassini.

WASHINGTON—The president on Friday struck a blow for peace in the far east. In conference at the White House with Count Cassini, the Russian ambassador, the president expressed the earnest wish that Russia would forthwith conclude peace with Japan. Prolongation of the war, he believes, will not result in victory for the Russian army and can only serve to increase Japan's demands and render more difficult the drafting of a treaty of peace which the czar as well as the mikado can sign. The president spoke, he said, as the friend of Russia no less than of Japan and in behalf not only of the Washington government, but in the interest of humanity. Until his words have reached the Tsarskoe Selo and have been communicated to Emperor Nicholas in the friendly spirit in which they were uttered, their effect cannot be estimated. Soon after reaching his embassy Count Cassini began the preparation of a dispatch to his government. Neither at the White House nor at the Russian embassy could a formal statement regarding the conference be obtained. Throughout the diplomatic corps there is a strong hope that this conference marks the first step toward peace, but the general opinion is that weeks may elapse before even the preliminary negotiations can be begun.

Makes Grand Duke Sick.

BERLIN—Grand Duke Vladimir is not coming to the wedding of Crown Prince Frederick William, as previously announced. A telegram of regret has been received from St. Petersburg saying the grand duke is too ill to make a visit to Berlin possible and adding that the grand duke desires to remain in St. Petersburg during this trying period to take part in the councils of the government. Grand Duke Michael and Grand Duchess Maria Pavlovna will bring the Russian emperor's presents.

BIG SHOW OPENED

LEWIS AND CLARK EXPOSITION GETS UNDER WAY.

WAS A CALA DAY IN PORTLAND

President Toucheo the Key and Sets Machinery in Motion—Crowds Wait and Watch for Signal to Be Flashed Across the Continent.

PORTLAND, Ore.—Amidst a scene of festivity and splendor never equalled in the Pacific Northwest with din and clamor of cheering thousands accompanied by the booming of artillery and blaring of bands, Portland made her bow to the world in the formal opening of the Lewis and Clark Centennial exposition on June 1. The event took place under conditions presaging complete success to this historical commemoration of the blazing trail to "old Oregon" by Captain Merriweather Lewis and William Clark, who, commissioned by President Jefferson, explored the great Oregon country one hundred years ago.

The celebration was participated in by the president of the United States and his personal representative, Charles W. Fairbanks, representatives of the state and of the house of representatives of the national congress, of the army and the navy, together with the governors and staffs of the states of California, Idaho, Washington and Oregon and multitudes of people from far and near.

All Portland was decked in her best, business was suspended and the holiday spirit was everywhere in evidence.

The states of Oregon, Washington and Idaho, in which June 1, had been declared a legal holiday in honor of the centennial sent thousand of visitors.

The prelude to the actual opening ceremonies at the exposition consisted of the parade, a grand pageant of militarism led by Vice President Fairbanks, the congressional party, visiting governors and other dignitaries and the exposition officials. With martial music constantly playing, this immediate forerunner of the actuality was greeted with continued cheering along the entire line of march from the new post office and through the business and residential sections of Portland to the fair grounds. As the troops passed the mass of sight-seers flanking the column fell in behind and when the exposition grounds were reached there was a stream of humanity miles long following its wake. Thousands in the meantime, anticipating the onward rush had packed themselves around the speaker's stand and occupied every point of vantage, and late comers had to be content with being within seeing distance.

At Washington, in the presence of a distinguished assemblage, including all the members of the cabinet except Secretary Hay, who is in Europe; associate justices of the United States supreme court, members of the diplomatic corps and invited guests, President Roosevelt, at 2:45 o'clock in the afternoon, pressed the telegraphic key which sounded the chimes in the government building and started the machinery of the Lewis and Clark centennial exposition at Portland, Ore.

The ceremony took place in the east room of the White House. The hour set for it was 4 o'clock. At the time fixed everything was in readiness at the White House. The guests had assembled in the east room and only the flash from Portland was necessary to open the ceremony. A circuit had been completed by the Western Union Telegraph company between the White House and the Portland exposition grounds, the telegraphic arrangements here being under the supervision of J. W. Collins, chief operator of the Western Union offices in Washington. E. W. Smithers, the chief operator at the White House offices, received and sent the congratulatory messages which were exchanged between President Roosevelt and President Goode of the exposition.

THE PRESIDENT SAYS WE NEED A BIG NAVY

NEW YORK—Delivering an address in Brooklyn at the unveiling of a statue of General Slocum, President Roosevelt used these significant words:

"If our navy is good enough we have a long career of peace and prosperity before us, and the only likelihood of trouble ever coming to us as a nation will arise if we let our navy become too small or inefficient. A first class navy, first class in point of size, first class in point of efficiency and the individual unit or units in combination is the surest and cheapest guarantee of peace. I should think that every American looking at what is happening and what has happened abroad and in our own history during the past few years, must indeed be blind if he cannot read that lesson."

The Torpedo Boats Did It.

TSARSKOE SELO, RUSSIA—The dispatch received by the emperor from Vladivostok containing details of the battle in the straits of Korea announced heavy losses, according to which the squadron commanded by Rear Admiral Nebogoff was attacked by a swarm of torpedo boats and all the ships were either sunk or captured. The main squadron commanded by Admiral Rojstvensky was attacked by Admiral Togo and lost two ships. The others broke through.