

## MADE NEW STRENGTH

QUICKER THAN DOCTOR'S TONICS,  
SAYS TYPHOID PATIENT.

Young Lady Left by Fever in Very Weak State Uses Dr. Williams' Pink Pills with Gratifying Results.

After a fever, such as typhoid or scarlet, has run its full course there remains the recovery of strength. The tonic that will most rapidly increase the red corpuscles in the blood is the one that will most quickly restore color to the pale cheeks, strength to the weak muscles, and elasticity to the sluggish nerves. So far nothing has ever been produced superior to Dr. Williams' Pink Pills for this purpose.

Miss Midendorf had been ill with typhoid fever for fourteen weeks. She had a good physician who carried her safely through the critical stages. When he left, nothing remained to be done except to build up her strength, which was very feeble, and he gave her some prescriptions for that purpose. Here, however, she met with disappointment.

"I took the doctor's tonics," she says, "for two months after I had recovered from the fever, but they did not do me the good I looked for. My strength came back so slowly that I scarcely seemed to be making any progress at all. Just then I read in a book thrown in my way some striking testimonials showing that wonderful blood-builders and strength-givers Dr. Williams' Pink Pills are. I got a box of them soon after this and after I had taken only about half of them I could see a very great improvement in my condition. When I had used up two boxes, I felt that I did not need any more medicine. I have remained strong ever since."

Miss E. B. Midendorf lives at No. 1501 Park street, Quincy, Ill. Dr. Williams' Pink Pills are the best remedy to use in all cases of weakness, from whatever cause the system may be run down. In cases of debility due to overwork they minister fresh strength and overcome nervous symptoms. They are a specific for anemia or bloodlessness. They are particularly helpful to girls on the verge of womanhood. They meet all the requirements of the period known as the change of life. They correct spring languor. They strengthen weak digestion and rouse up sluggish organs. No other tonic combines so many virtues. All druggists sell them.

### VAGARIES.

It's hard to tell which is the most exciting—a country "literary" or a game of indoor baseball.

If there is one time more than another when we long to do bodily injury it is when we hear a little 12-year-old snip speak of love.

It's pretty hard for the rock-ribbed old Democrat who named his son after Andy Jackson, to see the young fellow walk up and vote the Republican ticket.

Competition is the life of trade, but the lack of it hasn't caused the demise of Rockefeller's oil trade.—Detroit Tribune.

### The Beef Report Refuted.

"You will remember with what a gasp of astonishment the country received Commissioner Garfield's report on the Beef Trust," say the publishers of Everybody's Magazine in "With Everybody's Publishers" for June. "Could it be possible that the Beef Trust was the victim of unjust persecutions? Could it be possible that the Beef Trust was the object of pity, as Garfield painted it? Mr. Russell, in this June installment, takes up Mr. Garfield's report and in a calm, unimpassioned, overwhelmingly convincing fashion shows the utter absurdity of the report, gives the real facts and backs them up with proof piled on proof. It is a rare ability that can make a dry business subject interesting. Mr. Russell has the gift in marked degree, and he has never used it to so good purpose as in this June installment of his series."

### The Power of a Phrase.

In the great stir that the revolt of the mayor of Philadelphia against his corrupt bosses has made in the press of the country, the pungent little phrase coined by Lincoln Steffens to describe in McClure's the lethargy of the Quaker City's robbed and misgoverned citizens has been everywhere applied. "Corrupt and contented" has been the refrain of a hundred editorials on the prologue to the drama that Philadelphia is now enacting. Phrasemaking is one of the most forceful attributes of Lincoln Steffens' literary style. He has a power of pithy and virile expression which distills the essence of a situation into a few square-cut, sledge-hammer words which make a permanent dent in the reader's consciousness.

New and interesting side-lights on the Civil War are promised in the June Century: "What a Boy Saw of the Civil War," by the Rev. Leighton Parks, rector of St. Bartholomew's, New York City, with glimpses of Robert E. Lee; a curious and surprising article on "Boys in the Union Army," by George Langdon Kilmer; "A Pup's Recollections of Stonewall Jackson," and "Recollections of Jubal Early," by one who followed him." These articles with several stories, including "Miss Sally and the Enemy," a war-story by Gouverneur Morris, and "In the Virginia Room," by Arlo Bates (the scene laid in one of the rooms of the Confederate Museum at Richmond), make up a number of special interest in the Memorial Day season.

You never hear any one complain about "Defiance Starch." There is none to equal it in quality and quantity, 16 ounces, 10 cents. Try it now and save your money.

## NEBRASKA STATE NEWS

### NEBRASKA BRIEFS.

Seward county banks have deposits amounting to \$1,318,569.93.

Two of the ministers of Gering last week last their wives by death.

Nebraska City Baptists will celebrate their semi-centennial August 18.

Outbuildings on the farm of Dow Wells were destroyed by wind near Madison.

The postmasters of Nebraska will hold their annual convention in Omaha next year.

Frontier county's assessment shows an increase of more than 10 per cent over last year.

James A. Dallas and Miss Venters have been elected to positions in the Kearney schools.

Oscola has a few hundred dollars in sight that will be used in celebrating the Fourth.

Jake Rife, a young man of Johnson county, paid \$10 and costs for selling drugs without a pharmacist's license.

The skull of August Breckner of Norfolk was fractured when he was thrown from a wagon by a runaway team.

The citizens of York are making elaborate preparations to dedicate the new Young Men's Christian association building.

About one hundred Fremont families will have to move as a result of the coming of the Great Northern railroad to Fremont.

The Great Northern has been buying right-of-way at Oakland, giving assurance that the road is to pass through that place.

The Wood River band, once one of the best of its kind in the state, has been reorganized, and will play at home on the Fourth.

The Young Men's Christian association of Fremont has not given up the new building project, but is still hustling for subscriptions.

A heavy hail storm spread over a strip of country about two miles wide, south of Louisville, and destroyed corn crops and garden patches.

Miss Blanche Castile of York, 17 years old, suicided by taking poison. The cause seems to have been that she was behind in her school studies.

A big religious revival is on in Aurora, all churches uniting in the effort. A tent seating 1,200 has been erected, and large assemblies are gathering nightly.

Oscola people are looking forward in pleasurable anticipation for the Fourth of July. The committee has secured Colonel George W. Robey of Lincoln as speaker.

The business men of Wymore have raised a sufficient sum by subscription and will put the race track in first class condition with the intention of holding a racing meet in the fall.

Mr. Scott, postmaster at South Auburn, is rejoicing over the fact that the United States postal department has increased the salary of that office from \$1,300 to \$1,400 to take effect July 1.

While the graders were at work on the new court house ground at Wahoo they unearthed a number of Indian relics where the former court house stood, it having once been the burial ground for a part of the Pawnee tribe.

August Ruckner, a farmer living three and a half miles southeast of Hoskins in Wayne county, was thrown from his buggy and suffered a fractured skull while driving home. The team was fractious and ran away with him.

The two year old son of Ed Fairbanks of Grand Island got hold of a bottle of iodine and had swallowed some of it before the danger was discovered. A prompt antidote by a physician, however, saved the little fellow's life.

David Dunkle, admitted to the Soldiers' home at Grand Island in November, 1904, died last week. He served in Company H, Thirtieth Iowa.

Failure on the part of a husband to indulge in a bath for a period of about four months was adjudged sufficient cause for divorce by Judge Cornish at Lincoln.

Report comes in from the strip over which the hailstorm traveled in Colfax county that some of the farmers are plowing up wheat that was damaged and are planting corn in its place. Rye was likewise injured, but oats will probably come out again.

At a meeting of the board of managers of the state board of agriculture at the Lindell hotel, contracts were agreed to with the managers of a famous trotting steer, called "San Antonio Pete." The steer is said to have given several trotting exhibitions at a number of fairs last year and to have proved a splendid feature. At the Nebraska fair he will trot on at least two days, and perhaps others. His record is 2:30.

Charles Green, a well known farmer living south of Litchfield, was killed by the explosion of the bowl of a cream separator at his home. His body was terribly mangled, though he lived for hours after the occurrence. The board of trustees of the Grand Island college has re-elected the old faculty, with the exception of Miss Bloomer, instructor in English, and Prof. Boswell, instructor in modern languages. Miss Hannah Pierson, a graduate of Hiawatha, and now an instructor in Dresden, Germany, has been elected to the chair of modern languages and dean of women.

## YEISER TAKES THE CASE TO THE SUPREME COURT

OMAHA—John O. Yeiser has filed a petition in error in the supreme court, asking a reversal of the decree of Judge Troup in the 20,000 tracts of land, made defendants in the 22,000 scavenger suits, for which no answer was made and a decree of default was entered.

Yeiser volunteered his services as the legal representative of these 20,000 tracts, but the court objected, and at the request of the state, in whose name the scavenger suits were brought, ignored his answer. In his brief Yeiser quotes from legal lore to show that he has a perfectly valid representative of the defaulters, even though he appeared voluntarily. Moreover, he says his action has been ratified by the sanction of some 600 owners of the property affected by the decision. He argues also that, even though he had no right to appear, there was no actual default.

### THE GOVERNOR GREW WARM.

Said Some Plain Words to a Railroad Man.

LINCOLN—"The railroads are the greatest barrier to the enforcement of the new revenue law in the state. I am ashamed of you. Why don't you pay your taxes? Thousands of individuals had their taxes increased by the new revenue law and they paid their taxes. If this thing keeps up there will be a revolt as sure as you live. You railroad men are cutting your own throats."

This was among the things Governor Mickey remarked to Tax Commissioner Pollard of the Burlington at a meeting of the State Board of Assessment, which was marked by several such conversational engagements. Mr. Pollard came at the request of the board to assist in finding a way to distribute the valuation of the various corporations of the Burlington along the mileage in a manner that would be fair and just to all the towns along the lines. The board desired to get Mr. Pollard to allow it to take a line and value it from one town to another at a certain rate and then if the next division was of a higher or a lower valuation to change the assessment to correspond. Mr. Pollard, however, would not waive his right to go into court on this manner of assessment. Instead, he refused to say what he would do under the circumstances should the assessment not suit him.

### Fined for Illegal Voting.

FAIRBURY—After a two days' session here the grand jury called for the June term of district court for Jefferson county has adjourned, having brought but one indictment. That was against Carl Lutz, a locomotive fireman, who runs out of this city on the Rock Island, for illegal voting at the last city election. Lutz had been a resident of the city long enough to vote, but it seems that he had forfeited his legal right to vote by moving from one voting precinct to another.

### Young Bunting a Lieutenant.

DAVID CITY—Archer M. Bunting, son of W. M. Bunting of this city, who recently graduated from Westworth Military academy, Lexington, Mo., has just been appointed by Governor Folk a second lieutenant of the National Guard, state of Missouri.

### York College Closes Fifteenth Year.

YORK—York college closed its fifteenth year of educational work last week. The total enrollment for the year was 394. The graduates in all departments numbered thirty-seven, six of whom also earned state certificates.

### Pharmacists' New Officers.

YORK—The Nebraska Pharmaceutical association elected officers as follows: President, Nels P. Hansen, Kearney; Vice President, Dr. F. Simon, Oakland; Secretary, O. P. Bauman, Grand Island; Treasurer, Carl Spellman, Sutton.

Holdrege is talking up the matter of holding a harvest jubilee some time in the coming autumn.

## THE TRAIN WRECKED AN ENGINEER KILLED

EUSTIS—An extra freight train on the Burlington ran into a washout five miles west of here. The train was eastbound with two engines. The head engine passed over, but the second engine dropped into the ditch. The engineer and head brakeman, who were on the engine at the time, escaped without serious injury, but Clyde Sederburg, the fireman, was killed.

### County Wants Compromise.

A reminder of the hard times era was brought to notice by the application of Hitchcock county to effect a settlement of the suspended account due from that county. The total amount was \$4,806.67, representing collections of state taxes lost in three depository banks which failed. These institutions were the Bank of Trenton, the Hitchcock county bank of Culbertson and the Bank of Stratton. The county now has been able to effect a settlement and wants to settle with the state.

## WHY EYESIGHT FAILS

INFERIOR ARTIFICIAL LIGHT FREQUENTLY THE CAUSE.

Illuminants of the Past, One and All, Have Serious Defects—Acetylene Gas, with Its Clear, Unwavering, Yet Soft Flame Cannot Hurt the Eyes.

Chicago, June 20.—No one can go into our schools or meet a group of children on the street without noticing how large a number of them wear spectacles. The proportion seems to increase yearly, and there are many more who ought to wear glasses. The experience of one teacher might be duplicated by the score. She knew Alice was inattentive and she thought she was unusually stupid. She said so to the principal and sent a note to the mother, requesting that the child be helped at home if she wished her to keep up with her class. One day after a black-board explanation, the teacher called upon the child and found that she had not seen what had been written. She was kept after school and by dint of much sympathetic questioning Miss C. found that Alice had never been able to see what was put on the board and that her head had ached so often and so hard that she frequently failed to hear what was said.

Such a condition may be caused by lack of proper food, but in our American homes it is usually due to the poor quality of the artificial light. The yellow, insufficient light of the ordinary kerosene lamp, with its smoky chimney, is about as bad for the eyes as can be imagined. The flickering light from a coal gas jet is but little better, and even the electric light, brilliant as it usually is, has an unsteadiness due to variations in power, and a glare peculiarly trying to the delicate nerves of sight. The comparatively new illuminant acetylene gas produces as nearly perfect an artificial light as has yet been found. It gives a clear white, unwavering light, very brilliant yet perfectly soft, and so nearly like the rays of the sun that even colors appear as in daylight.

Fortunately, acetylene is very easily and cheaply produced, and the simple apparatus necessary can be purchased and installed in any home at a very moderate cost, and the acetylene can be piped to convenient points in the house where a light is needed. It is then lighted and extinguished and used exactly like common city gas.

Acetylene is rapidly coming into common use in homes, churches, schools and institutions of all kinds, and it is reasonable to expect that as its use in the home increases, there will be fewer defective eyes, particularly among children. Poor eyesight and the many ills resulting therefrom will undoubtedly be much reduced by the use of this new illuminant.

The average girl will allow her mother to pick out a husband for her but when it comes to the wedding gown she generally asserts herself.

### RAILWAY RATE LEGISLATION.

At the biennial convention of the Order of Railway Conductors recently held at Portland, Oregon, resolutions were unanimously adopted voicing their sentiments as to the effect of proposed railway rate legislation on the 1,300,000 railroad employees, whom they in part represented. These resolutions "indorse the attitude of President Roosevelt in condemning secret rebates and other illegalities, and commend the attitude of the heads of American Railways, who, with practical unanimity, have joined with the president on this question." They then respectfully point out to Congress the "inadvisability of legislation vesting in the hands of a commission power over railway rates, now lower by far in the United States than in any other country," because such regulation would "result in litigation and confusion and inevitably tend to an enforced reduction in rates, irrespective of the question of the ability of the railroads to stand the reduction, especially in view of the increased cost of their supplies and materials." They further protested against such power being given to the present Interstate Commerce Commission because "the proposed legislation is not in harmony with our idea of American jurisprudence, inasmuch as it contemplates that a single body shall have the right to investigate, indict, try, condemn and then enforce its decisions at the cost of the carriers, pending appeal, which is manifestly inequitable."

The conductors base their demand for only such legislation if any, as would "secure and insure justice and equity and preserve equal rights to all parties concerned," on the ground that the low cost of transportation "is the result of the efficiency of American railway management and operation which have built up the country through constant improvement and development of territory, while at the same time recognition has been given to the value of intelligence among employees in contrast to foreign methods, where high freight rates and lowest wages to employees obtain."

In pressing their claim against legislation adverse to their interests, they point out the fact that "the freight rates of this country average only two per cent of the cost of articles to the consumer, thus making the freight rate so insignificant a factor in the selling price that numerous standard articles are sold at the same price in all parts of the country."

Society is a body. It isn't well unless it's well all over. A sore little toe can make a whole man miserable.

Defiance Starch is guaranteed biggest and best or money refunded. 16 ounces, 10 cents. Try it now.

## FRESH-AIR TREATMENT

Most Potent Means of Restoring Consumptive Patients to Health

Dr. F. R. Walters in his study on the various sanatoria for consumptives calls the open-air life the keynote of sanatorium treatment. He further says that the patient, instead of being kept in a carefully warmed room ventilated from other parts of the house, according to the popular notions of old, lives in the open air from morning till night, at all seasons and in all weathers. Lack of fresh air is the greatest predisposing cause of consumption; fresh air is the most potent means of restoring him to health.

Now this prescription is very easy to carry out in dry climates such as those of Egypt, the Alpine health resorts, South Africa or Colorado; but it requires special arrangements and special precautions in a damp and rainy climate. The credit of showing how this may be accomplished belongs mainly to Brehmen, Dettweiler and their followers. The open-air method may perfectly well be carried out in any climate which is healthy for those who are not consumptive. As Leon Petit observes: "Here the climate may help the cure, . . . there it may hinder it; but, it only exerts a secondary influence on the treatment."

(1) Moreover, just as the pleasantest climates are not always those which are best for healthy people, (2) so it may be that the most pleasant climates for an out-of-door life—where the air is warm and dry and little rain falls—are not best for those consumptives who have later on to return to a less favored place. It is bracing climates rather than warm and equable ones which have the greatest influence in restoring the consumptive to health, in all but exceptional cases.

For the open-air treatment, a four-fold shelter should be provided against wind, excessive cold, extreme sun heat and rain. Wind raises dust, increases cough in consumptives, and intensifies the chilling effects of cold. The foreign sanatoria with few exceptions have both natural and artificial shelter against wind. Cold within certain limits is useful to the consumptive; but it should be a windless cold, and suited to the individual power of reaction. As damp intensifies the climatic effect of both heat and cold, the chilly consumptive will be able to withstand a lower temperature in a dry than in a humid climate. Protection against rain and snow will seem to most people an obvious necessity, although at Nordach rain is often disregarded. It is not enough to provide resting places in the sanatorium which are protected against rain. At certain stages exercise is imperative, and sheltered paths and open covered corridors are needed for exercise in rainy weather. At Falkenstein there is such a corridor 200 feet long.

In places where the sun's rays are very powerful, as at Canigou in the Pyrenees, direct exposure to the sun is found to increase the tendency to fever. Even at Hohenhonnef on the Rhine, which is not far south, a large verandah has been provided which in hot weather can be artificially cooled by a stream of water. Protection against wind and weather is afforded in most sanatoria by large verandas, which may be fitted with movable glass screens, as the Adirondack Cottage Sanatorium. In our own climate it would be useful to have a veranda with a hollow floor, which could be warmed, as cold and damp can be more easily borne if the feet are kept warm. Other simpler ways are the provision of hot bottles and warm clothing. Recumbency also helps a chilly patient, the blood circulating with less cardiac effort in this position. According to Dr. Weicker and Dr. Jacoby, the recumbent position also favors the flow of blood to the apices of the lungs. In most foreign sanatoria summer houses or sun boxes are also provided; at Falkenstein some of these can be rotated according to the direction of the wind.

Dr. Burton-Fanning, in his experimental sanatorium near Cromer, has modified the well-known shelters of our seaside resorts by providing them with reversible glass screens. (1) Loc. cit., p. 42. (2) Hermann Weber and Michael G. Foster, article in Allbutt's Syst. of Med. on "Climate in the Treatment of Disease."

### Stable and Conditions.

"The condition and health of a horse," says the National Builder, "depend very much upon the kind of stable it is kept in. There are horses which suffer from disease of the eyes, from coughs, from scratches and other skin diseases, all of which are produced by the pungent, foul air in the stables. Farmers and others who have horses will take pains to keep their carriages and harnesses protected from the strong ammoniacal air of the stables, lest the leather may be rotted or the varnish dulled and spotted; and at the same time they will wonder why their horses cough, or have weak eyes or moon-blindness, or suffer from other diseases which, if they would only think for a few minutes they would readily perceive are due to the foul air the animals are compelled to breathe every night in the year while confined in close, badly ventilated stables. The remedy is very easy. The stable should be kept clean; this will prevent the greater part of the mischief, and it should be well ventilated. The floor should be properly drained, so that the liquid will not remain on it, washed off at least twice a week with plenty of water, and then liberally sprinkled with finely ground gypsum (plaster), which will combine with and destroy the am-

monia. A solution of copperas (sulphate of iron) will have the same result. Lastly, the floor should be supplied with absorbent litter, which should be removed when it is soiled. Ventilation should be provided in such a way as to avoid cold drafts. Small openings, which may be easily closed with a slide, may be made in the outer wall near the floor, and similar ones near the ceiling, or in the roof, through which the foul air can escape. Pure air is of the utmost importance to the well-being of horses."

### Insomnia.

This very common condition is most often due to six o'clock dinners or eating in the evening. To secure sound sleep, no food should be taken after 4 p. m., or at least nothing more than a little ripe stewed fruit, without cream, and with as little sugar as possible, better with none. Oranges or some other juicy fruit are preferable for an evening's lunch. Avoid bread and butter or milk, and similar articles which digest slowly. Fruit juices and completely predigested food substances may be added in moderation.

Tea and coffee also produce sleeplessness. Sedentary habits conduce to sleeplessness by promoting the accumulation of uric acid, which is a nerve excitant, and gives rise to restlessness and disturbing dreams.

Said the wise man, "The sleep of the laboring man is sweet." Eccl. 5:12. Gentle fatigue produced by exercise out of doors is wonderfully effective as a means of producing sleep. A prolonged bath, fifteen to forty minutes, or even longer if necessary, at a temperature of 92 degrees to 95 degrees F., taken just before retiring, is an excellent remedy for sleeplessness. The moist abdominal bandage, consisting of a towel wrung quite dry out of cold water and wound around the body, covered snugly with mackintosh and then with flannel in sufficient quantity to keep it warm, is an exceedingly helpful measure in producing sleep in cases in which sleeplessness is due to excess of blood in the brain. Care must be taken to keep the feet warm. If necessary, a hot bag may be applied to the feet or a moist pack to each leg. If the head is hot, a cool compress may be applied.

### Still Saws Wood at 91.

The Rev. Jacob Chapman of Exeter, N. H., is the only nonagenarian, and one of the few clergymen in New Hampshire who saw all the wood used in their stoves for cooking and heating purposes. The amount of wood used by a family during the long New Hampshire winters is something enormous, yet Mr. Chapman goes out into the woodshed every day and saws almost enough to keep the parlor and bedroom stoves well supplied, as well as to furnish what is needed for the kitchen.

Mr. Chapman celebrated the 91st anniversary of his birth this week. Though never robust, Mr. Chapman's physical powers are remarkably well preserved. A day seldom passes in which he fails to cut a little wood, an exercise which he considers very beneficial. In good weather he takes long walks. His mind is alert and his memory very retentive.

He was born in Tamworth, and in 1827 entered Phillips Exeter academy, of which he is the oldest living graduate. He was graduated from Dartmouth college in 1835, and from Andover Theological seminary in 1839. For many years he was a teacher. Since his retirement Mr. Chapman has lived here, devoting himself to genealogical research. He has written a number of family histories, and contributed to secular, genealogical and religious publications.—Exchange.

### Why the Body Needs Water.

Someone has asked: "What would be the cause of death of a person who drank no water?" This subject has been studied considerably; animals have been experimented upon, and it is found that without water they lose their power to eliminate the natural poisons; they must have water in order to eliminate them, otherwise the secretions become too dense. Without water, the amount of urea which should be secreted becomes diminished, and so with the other secretions. We need water, not only to dissolve the food and carry it along, but we need it to dissolve and carry out of the system the poisonous and worn-out material of the body, after it has served its purpose. Water forms a circulating medium for carrying substances back and forth in the system, conveying nourishment to the various parts of the body, bringing back the used-up material and carrying it out by way of excretory ducts. The amount of water daily required is from two to three pints. In very hot weather a larger amount is needed, as much water is lost by perspiration. If one's diet consists largely of the juices of fruits, the quantity of water may be considerably diminished.

### Is Water a Food?

Hutchinson, an English authority, who has published the latest and best work on foods, includes water among food substances. Water enters the body, not only as a solvent, but as destined to become a constituent element of the tissues themselves. Water adds to the energy of the body by increasing the power of the heart, and in other ways contributing to the activity of the tissues.