

ATAXIA FOUR YEARS

FOLLOWS MALARIA CONTRACTED IN SPANISH-AMERICAN WAR.

Victim Had Become Helpless When He Tried Dr. Williams' Pink Pills, but Was Cured in Four Months.

Because he did not know that there is a remedy for ataxia, Mr. Ariel endured four years of weakness, pain and the misery of thinking his case incurable.

"At the outbreak of the Spanish-American war," he says, "I went with Company B, Eighth Regiment, M.V.M., into camp at Chickamauga, and while there my system became thoroughly poisoned with malaria. When I was mustered out, I carried that disease home with me. After a while locomotor ataxia appeared."

"How did the ataxia begin?"

"I first noticed a pain in my ankles and knee joints. This was followed by a numb feeling in my legs. At times I had to drag myself around; my legs would shake or become perfectly dead. I had constant trouble in getting about in the dark. I kept a light burning in my room at night as I could not balance myself in the darkness. Even with the aid of a light I wobbled, and would reach out and catch hold of chairs to prevent myself from falling."

"How long were you a sufferer?"

"Four years in all. During the last three years I was confined to bed, sometimes for a week, again for three or four weeks at a time. When I was lying down the pain in my back was frequently so severe that I had to be helped up and put in a chair to get a little relief. I had considerable pain in my bowels and no control over my kidneys. The worst of all was that the doctor could give me no hope of recovery."

"How were you cured?"

"I read that Dr. Williams' Pink Pills had cured locomotor ataxia and one or two friends spoke to me about them. In the fall of 1903 I began to take them for myself and I had not used more than one box before I found that the pains in my knees and ankles were greatly relieved. Four months afterward I became a perfectly well man, and I am today enjoying the best of health."

Mr. Edward H. Ariel lives at No. 43 Powow street, Amesbury, Mass. Every sufferer from locomotor ataxia should try Dr. Williams' Pink Pills without delay. Any druggist can supply them.

Domesticity Barred.

The United States government has made known its decision that neither husband nor wife can be subordinate to the other in a government office, such a state of things being considered subversive of discipline and good service. This was made known on the occasion of the chief clerk in the United States engineering office at Seattle, Wash., wishing to marry one of the women clerks under him.

MARKETING POTATO CROPS.

In line with the classic case of the oyster shippers, cited by President Hadley of Yale University in his book on Railroad Transportation, is the case of the Aroostook potato growers brought by President Tuttle of the Boston and Maine Railroad before the Senate Committee on Interstate Commerce. Nothing could better show how a railroad works for the interest of the localities which it serves.

A main dependence of the farmers of the Aroostook region is the potato crop, aggregating annually eight to ten million bushels, which find a market largely in Boston and the adjacent thickly settled regions of New England. The competition of cheap water transportation from Maine to all points along the New England coast keeps railroad freight rates on these potatoes always at a very low level.

Potatoes are also a considerable output of the truck farms of Michigan, their normal market being obtained in and through Detroit and Chicago and other communities of that region.

Not many years ago favoring sun and rains brought a tremendous yield of potatoes from the Michigan fields. At normal rates and prices there would have been a glut of the customary markets and the potatoes would have rotted on the farms. To help the potato growers the railroads from Michigan made unprecedentedly low rates on potatoes to every reachable market, even carrying them in large quantities to a place so remote as Boston. The Aroostook growers had to reduce the price on their potatoes and even then could not dispose of them unless the Boston and Maine Railroad reduced its already low rate, which it did. By means of these low rates, making possible low prices, the potato crops of both Michigan and Maine were finally marketed. Everybody eats potatoes, and that year everybody had all the potatoes he wanted.

While the Michigan railroads made rates that would have been ruinous to the railroads, had they been applied to the movement of all potatoes at all times, to all places, they helped their patrons to find markets then. The Boston and Maine Railroad suffered a decrease in its revenue from potatoes, but it enabled the Aroostook farmers to market their crop and thereby to obtain money which they spent for the varied supplies which the railroads brought to them. If the making of rates were subject to governmental adjustment such radical and prompt action could never have been taken, because it is well established that if a rate be once reduced by a railroad company it cannot be restored through the red tape of governmental procedure. If the Michigan railroads and the Boston and Maine Railroad had been subjected to governmental limitation they would have felt obliged to keep up their rates as do the railroads of France and England and Germany under governmental limitation and let the potatoes rot.—E. Han n.

Every time a man makes love to his wife he makes a profitable investment.

DUTIES OF THE CITIZEN

How Great Progress Can Be Made in the Constant Fight Against Tuberculosis.

Dr. S. A. Knopf in an address briefly and clearly outlines the duty of each citizen in combating tuberculosis:

If you are in the presence of a consumptive who is not yet under medical care, teach him what you know of the prevention of the disease and advise him to seek the counsel of a competent physician. If he is too poor to pay for a consultation, and too proud to ask it for nothing, tell him to apply to the health department, which will send one of its physicians without cost. No tuberculosis invalid, no matter in what stage of the disease, whether living in a palace or in the poorest tenement house, should be without a medical adviser. If you meet a consumptive who is ignorant of the precaution he should take, do not shun him like a leper, but treat him with kindness, and convince him that whatever he does to prevent the spread of the disease among others will also improve his own condition and increase the chances of his recovery. Let me tell you that a clean, conscientious consumptive is as safe a person to associate with as anybody. If in your daily life you can influence others to make themselves familiar with the necessary knowledge of the prevention of tuberculosis, do so! If through your influence, your words, and example you can combat the fearful curse of our nation—alcoholism—I beseech you, do your duty.

Some individuals have, by virtue of their calling, a special duty to perform in the combat of tuberculosis. Of these I mention, first, the teachers of the public schools, the clergymen, the editors of the public press, employers and philanthropists.

Disinfection.

The disinfection of clothing is a matter which every one should understand. Ordinary boiling will destroy all sorts of dangerous germs. The boiling should be continued half an hour. Clothing which cannot be boiled should be burned or disinfected by sulphur or formalin.

Rooms must be disinfected by the last-named means and by thorough scrubbing with strong, hot soapsuds.

Open doors and windows as widely as possible so as to allow the admission of the largest possible amount of light and the freest circulation of air.

Remove the old paper from the walls, and burn it. Wash the bare walls with strong soapsuds, and then apply whitewash to the ceiling. Cleanse the woodwork with a solution of fresh chloride of lime, one pound to the gallon.

Remove the carpet from the floor, the bedding from the bed, and every other fabric from the room, and thoroughly disinfect them before replacing.

Ordinary scrubbing, whitewashing and ventilation are useful and necessary, but are not sufficient. Disinfection is required. One of the most convenient and effective means of disinfection is fumigation by the burning of common sulphur. The following is the best method of doing this:

Into a tub or a large dishpan pour water to the depth of an inch. Place in the vessel two bricks laid flatwise and near together. Set upon the bricks an old iron kettle. Put into the kettle a proper quantity of four of sulphur mixed with an equal quantity of powdered charcoal. The amount required is four pounds for each one thousand cubic feet of air. Mix with the sulphur and charcoal a few pieces of newspaper. Before the sulphur is lighted, all clothing and other articles in the room should be so disposed of as to allow the fumes of the sulphur to come in contact with them to the fullest extent. The efficiency of the fumigation is also very greatly increased by saturating the walls, and everything the room contains, with steam. This may be very readily done by boiling water vigorously upon a stove in the room for an hour or two previous to lighting the sulphur. Dry sulphur fumes will destroy growing germs, but not the dried spores which may be collected upon walls and in cracks and corners. When all is in readiness, light the sulphur, and leave the room as soon as it is evident that it is going to burn well. If the door of the room communicates with other rooms, the crack around the door must be tightly closed by pasting thick paper over it. The room must be kept closed for twenty-four hours, at the end of which time it should be opened, and left to air for another twenty-four hours, when it may be considered thoroughly disinfected.

The Modern Slave.

While modern civilization has abolished involuntary servitude, it has introduced another form of slavery which is responsible for more premature deaths than ever was attributed to the old-time human bondage. The ancient slave was often forced to subsist upon miserable food, and to eat at irregular times and in a hurried manner. The modern slave, or in other words, the modern business man, "feels" compelled to do exactly the same thing; consequently, he experiences similar suffering.

Fully one-half of our so-called successful business men are on the very verge of physical bankruptcy. Poor management, physically speaking, is the common cause of the condition. Some vainly attempt to tide themselves over their physical crisis by using stimulants, thus borrowing from their future nerve supply, and by so

doing they only involve themselves still more deeply, and thereby indefinitely postpone the day for their deliverance, and often make their delivery altogether impossible.

Whether the galling yoke of disease manifests itself in the form of slavery to some drug habit, or as neurasthenia, or in some terrible form of indigestion, or many of the various nerve disorders, it cannot be juggled away by simply swallowing a few drops of medicine from some mysteriously labeled bottle. Such an individual must repent so effectually that it will lead him to adopt radical changes in all the habits of his life. He must undertake to earn at least a part of his bread in the divinely appointed way—by the sweat of his brow.

Instead of trying to induce nature to convert dietetic wood, hay, and stubble into good, wholesome blood, the business man who wishes to live as long as his country cousins must begin to cultivate a taste for wholesome and nutritious foods. He must discard pernicious drinks, whether they are served over the bar in the form of whisky, or in his own home in the form of tea and coffee. He must recognize as an inspired truth that every tobacco user is warring against his own interest, and if he instinctively realizes that he is approaching physical disaster, he must earnestly and energetically endeavor to give up health-destroying habits no matter how dear they may be to him.

Food for the Sick.

There is no branch of the culinary art which requires more skill than that of preparing food for the sick and feeble. The purpose of food at all times is to supply material for repairing the waste which is constantly going on in the vital economy; and hence it ought always to be chosen with reference to its nutritive value. But during illness and convalescence, when the waste is often much greater and the vital powers less active, it is of the utmost importance that the food should be of such character as will supply the proper nutrition. Nor is this all; an article of food may contain all the elements of nutrition in such proportions as to render it a wholesome food for those in health, and not be a proper food for the sick, for the reason that its conversion into blood and tissue lays too great a tax upon the digestive organs. Food for the sick should be palatable, nutritious and easily assimilated. To discriminate as to what food will supply these requisites, one must possess some knowledge of dietetics and physiology, as well as of the nature of the illness with which the patient is suffering; and such a knowledge ought to be part of the education of every woman, no matter to what class of society she belongs.

Hot buttered toast, tea, rich jellies and other dainties so commonly served to the sick, are usually the very worst articles of diet which they could partake. As a rule, elaborate dishes are not suitable.

Scrupulous neatness and care in all the minute particulars of the cooking and serving of food for invalids will add much to its palatableness. The clean napkin on the tray, the bright silver and dainty china plate, with perhaps a sprig of leaves and flowers beside it, thinly sliced bread, toast or crackers and the light cup partly filled with hot gruel, are far more appetizing to the invalid than coarse ware, thickly cut bread and an overflowing cup of gruel, though the cooking may be just as perfect. So far as practicable, the wants of the patient should be anticipated, and the meal served, a surprise.

RECIPES.

Steamed Rice.—Look over and thoroughly wash one cup of rice. Drain, spread lightly on a shallow dish and dry in the oven. Even should it be done. Introduce the rice into two cups of boiling water, place the dish containing it in a steamer, and allow it to cook one hour without stirring. Serve with a sauce prepared by rubbing well-cooked dried apples through a colander, and afterward evaporating, if necessary, to the consistency of marmalade.

Graham Bread.—Take a little less than one-fourth cake of compressed yeast, dissolved in a little milk, and add new milk, scalded and cooled to lukewarm, to make one pint. Add one pint of white flour, beat very thoroughly and set to rise. When very light, add three and one-half cups of sifted Graham flour, or enough to make a dough that can be molded. Knead well for half an hour. Place in a clean, slightly oiled bread bowl, cover, and allow it to raise. When light, shape into a loaf; allow it to raise again, and bake.

Cream Crisps.—Into two and one-half cups of cold cream or rich milk sprinkle slowly with the hands, beating meanwhile to incorporate air, four cups of best Graham flour, sifted with one-half cup of granulated sugar. Add flour to knead; about two and one-fourth cups will be required. When well kneaded, divide into several portions, roll each as thin as a knife blade, cut into squares, prick with a fork, and bake.

Ribbon Sandwiches.—Spread several slices of bread with butter and some dark colored filling. Pile on top of one another and gently press together. With a very sharp knife cut rather thin slices from top to bottom. There will be a striped appearance and a decided palatability.

THE NEWS IN NEBRASKA

REMARKABLE BANK REPORT.

Deposits in Nebraska Reach Their Highest Point.

The condition of the state banks of Nebraska one month ago, as reported by the state banking department, was the best in the history of the state. The deposits reached \$44,542,050, the highest ever known. The deposits increased nearly \$7,000,000 in one year. The total deposits in the state, including the amount in national banks, was \$10,116,400. There were 521 state banks in existence at the time of the report, May 29, and nearly a dozen have been organized since that time. The number of depositors in the state banks was 141,199, an increase of 9,681 since last February. The reserve held was 36,091 per cent, two and one-third times the legal requirement. Secretary E. Royce of the state banking board, speaking of the report, said:

"This showing is the best that the banks of our state under state supervision have ever presented. The growth and increase of business, as shown by the following comparisons, especially deposits is very gratifying and almost phenomenal.

"Compared with the report of February 23, 1905, loans have increased \$52,881.63, deposits have increased \$2,881,427.17, cash and due from banks have increased \$2,732,322.05, capital stock paid in has increased \$62,320.00. Total resources have increased \$2,928,255.61, bills payable and notes and bills rediscounted have been reduced \$214,172.75. The number of depositors has increased 9,681.

"Compared with one year ago, loans have increased \$4,490,483.49, deposits have increased \$6,817,314.72, the number of banks has increased 14. The increase in the number of depositors is 18,973.

The total loans of all banks of the state, including national banks, on May 29, 1905, was \$91,630,141.25, total deposits in all the banks of the state including National banks on May 29, 1905, was \$120,116,400.70 total number of banks operating in the state, including national banks was 678.

ABOUT THE STATE JAG CURE.

County Must Pay for Treatment of Dipsomaniacs.

LINCOLN—No dipsomaniacs have yet been received at the Lincoln insane asylum, as the result of the new Epperson law. Superintendent Green says that the cases will be properly attended to if any are sent, but that he hardly sees how room can be made for them as the Lincoln asylum is already crowded beyond its normal capacity. When the addition to the Norfolk asylum is completed there will be some improvement in this condition.

Dr. Greene thinks that a financial provision cannily attached to the law will make the cases actually set up few. The county must pay \$15 per month for the care of the patient, and a deposit for three months or \$45 must be made when the inebriate is committed. The medical treatment for the drinkers will be about the same as that for the drug habit. Less whiskey will be given day to day until in ten days the supply is shut off. Some medicine and enforced sanitary habits of living complete the cure.

Doctors to Be Smooth Shaven.

LINCOLN—At the meeting of the state board of health the subject of ordering physicians to be closely shaven was informally discussed. All Iowa doctors have been compelled to dispend with beards, and it is possible that Nebraska may follow Iowa's example so far as the advice that medical men be shaven. The idea is to lessen the possibility of spreading germ diseases.

Carnegie Library for Tecumseh.

TECUMSEH—The Tecumseh city library board has received a proposition from the agent of Andrew Carnegie whereby that man, for Mr. Carnegie, proposed to donate the sum of \$7,500 to that city for the erection of a library building. This proves that the city will take action to provide a fund of \$600 per year to maintain the library.

Shot in Self Defense.

FULLERTON—Dan Dimich, the man who shot and killed Vosa Bosovich in this city was discharged by County Judge Robinson, before whom the preliminary hearing was held. The evidence clearly showed that the defendant was acting in self-defense.

Grand Island Funds Debt.

Auditor Searle has received for register \$110,000 funding bonds issued by the city of Grand Island. The bonds run twenty years at 4 1/2 per cent. The records in the auditor's office show that this is a great year for the issuance of bonds.

M'COOK—The cream business has so grown apace in southwestern Nebraska as to suggest the idea of a "milk" train to the people of this section as the inevitable should the increase continue at the present rate very much longer.

LINCOLN—Members of the state board of equalization expect a general increase of 5 per cent over last year in both real and personal property. Returns from a number of counties on real and personal property indicate this increase.

STATE NOTES.

Wahoo has by its city council inaugurated its curfew law.

The annual camp meeting of the Church of God, will be given at Beatrice July 5 and continue until July 15. Julius Munster, a farmer living north of Beatrice, sustained a broken leg, through having a horse fall on him.

John V. Morgan, one of the leading attorneys of Nebraska City, died last week after having been ailing for the past two years.

The harvesting of wheat has begun in Otoe county and farmers say the wheat will make more bushels to the acre than for many years past.

Mr. Harris M. Childs of York has been appointed by Governor Mickey to serve on the state board of education for a term of five years.

Dan Dimich, an Austrian laborer, was shot and killed at Fullerton by Vosa Bosovich, a fellow workman, in a box car on a sidetrack at the depot.

Rev. J. T. Baird, for thirty years pastor of the Presbyterian church of Plattsmouth, has resigned and the resignation has been accepted by the presbytery.

Samples of wheat left in Beatrice by a number of farmers of that locality who are engaged in harvesting show the grain to be of an excellent quality.

The city of York is to have a new gas company. It has also absorbed the York Electric Light & Power company. This company will have a capital stock of \$80,000.

Woodward & Burgess of Omaha have leased the Overland Theater at Nebraska City and will open the same the first of September. They have secured a lease for three years.

John Evar of Mitchell, S. D., was killed in Lincoln, at the Burlington depot by a stranger who left a \$700 check in his possession and departed with \$37.50 belonging to Evar.

The American Birth Insurance company of Massachusetts, which seeks to put a premium on the stork's visits, is the latest company to make application to do business in Nebraska.

The "Table Rock Fishing association" has erected on its grounds, at Cut-off lake, north of town, a fine summer house, for the accommodation of the stockholders and visitors.

Thos. Dalton while attempting to board a moving freight train in the Ashland yards was caught beneath the wheels and one foot was so badly crushed that it will have to be amputated.

Land Commissioner Eaton returned from a trip over the western portion of the state, where he had been to attend the auction of school lands. At this time practically all of the school lands are under lease.

Miss Lucile Bloodgood, living five miles east of Beatrice, came near being killed in a runaway. The team became frightened and ran nearly two miles, when she succeeded in turning the animals in at a farm house.

John Garrison has brought suit in the district court of Dodge county against John E. Andrews for libel, placing his damages at \$2,000. The action grows out of an article published by defendant over his signature in a local paper.

Kearney people are elated over a move contemplated by the Union Pacific, which is willing and anxious to come to that city with improvements which will make Kearney one of the most important points on the line between Omaha and Cheyenne.

Marshal Coomes of Wood River held a man and team answering the description of one stolen at Madison on June 21. On telephoning to the Madison authorities their description did not tally with that of the card of the team and the fellow was released.

A roomy, permanent building will be erected at the state fair grounds by the Nebraska department of the Ancient Order of United Workmen. The new building is to be located at the head of Fraternity street, and open house will be held there during the fair.

At the meeting of the state board of public lands and buildings plans submitted by Architect Berlinghoff for the new cottage at the Beatrice feeble-minded institute and the new barn, sheds and addition to the hospital at the Grand Island Soldiers' Home were approved.

York county stands at the head of the list so far in the counties which have made their returns to the state board of equalization. The county returned an assessment of \$724,000 in excess of the assessment last year after the state board had added 5 per cent to the total.

Royalty's Tom, No. 94211, one of the best Hereford bulls in the state, died at Wolf Creek stock farm, near Tecumseh. The animal was the property of Hon. William Ernst and son and was bought at Emporia, Kan., the purchasers paying \$400.00 for him when he was a calf.

A number of prominent farmers and business men residing in the Sargent and Walworth districts were fined \$5 each for taking G. Mortensen out of his home and giving him fifty-two stripes for wifebeating and abuse.

Lawrence Lee, a farmer living in Cameron township, was almost drowned while returning to his home from Wood River. He was crossing Ash creek, which is very high at present, and his horses got out of the road and his buggy tipped over. One of his horses was drowned and Mr. Lee was forced to cling to a tree until help came.

CONSTANT ACHING.

Back aches all the time. Spoils your appetite, weakens the body, worries the mind. Kidneys cause it all and Doan's Kidney Pills relieve and cure it.

H. B. McCarver, of 201 Cherry St., Portland, Ore., inspector of freight for the Trans-Continental Co., says: "I used Doan's Kidney Pills for back ache and other symptoms of kidney trouble which had annoyed me for months. I think a cold was responsible for the whole trouble. It seemed to settle in my kidneys. Doan's Kidney Pills rooted it out. It is several months since I used them, and up to date there has been no recurrence of the trouble."

Doan's Kidney Pills for sale by all dealers. Price 50 cents per box. Foster-Milburn Co., Buffalo, N. Y.

A fortune awaits the genius who will invent a borrowless umbrella.

Dr. David Kennedy's Favorite Remedy, the Great Kidney and Liver Cure, World Famous. Write Dr. Kennedy's Sons, Rondout, N. Y., for free sample bottle.

It's easier not to want things than it is to get them.

Piso's Cure for Consumption is an infallible medicine for coughs and colds.—N. W. SAMUEL, Ocean Grove, N. J., Feb. 17, 1900.

Women in Swiss Universities. Women form nearly one-fifth of the students at Swiss universities.

All Up-to-Date Housekeepers use Defiance Cold Water Starch, because it is better, and 4 oz. more of it for same money.

Marriage is always a serious step—or a more serious misstep.

For Hot Weather Mull's Grape Tonic

A FREE BOTTLE OF TO ANYONE WHO WILL WRITE FOR IT NOW Have You Constipation, Stomach Trouble, Indigestion, Dyspepsia, Blood Poison, Skin Diseases, Sores, Sudden Bowel Trouble, Diarrhea, Cholera, Etc.?

No one whose bowels are healthy and active contracts these complaints. Invariably they are the result of Constipation which means decayed, poisoned and dying bowels or intestines. Check diarrhea and you are liable to fatal blood poison—a physic makes you worse. There is only one right course and that is to treat the cause. Revive and strengthen the bowels and intestines. We will prove to you that Mull's Grape Tonic cures Constipation and all these terrible Bowel troubles because it cleanses the blood and makes the intestines practically new. It feeds the starved condition and brings them back to life—nothing else will. For hot weather ills it has no equal.

WRITE FOR THIS FREE BOTTLE TODAY Good for all children and nursing mothers.

FREE COUPON

Send this coupon with your name and address and your druggist's name, for a free bottle of Mull's Grape Tonic, Stomach Tonic and Constipation Cure.

To Mull's Grape Tonic Co., 148 Third Ave., Rock Island, Ill.

Give Full Address and Write Plainly

The \$1.00 bottle contains nearly three times the 50c size. At drug stores.

The genuine has a date and number stamped in the label—take no other from your druggist.

STAR BRAND SHOES ARE BETTER



SPECIAL OFFER

The name and address of your shoe dealer and 15c to cover cost of mailing, etc., will secure one of the handsome rolled gold pins illustrated above. Enameled in colors and will wear for years. These pins were secured by thousands of World's Fair visitors. Only a few hundred left. Write Quick.

ROBERTS, JOHNSON & RAND SHOE CO. ST. LOUIS MANUFACTURERS OF "STAR BRAND SHOES"

The Opportunity of Today

The opportunity for the man with little means is better today in the prairie states of the Southwest than ever before in the history of the nation. To be sure, there is not the vast open choice of land for the homesteads that existed in the '70s. The lands then taken under Government laws are now prosperous farms and ranches. There is need of more hands to develop the country. In the Southwest—Indian Territory, Oklahoma and Texas—are vast areas of unimproved land not yet yielding the crops of which it is capable. Practically the same thing is true of the towns. Few lines of business are adequately represented. There are openings of all sorts for WIDE-AWAKE MEN. ARE YOU ONE?

If you are interested, tell us what you want, how much you have to invest, and we will gladly furnish the information. Write for a copy of our paper, "The Coming Country." It's free. Address, GEORGE MORTON, G. P. & T. A. BOX 90, ST. LOUIS, MO.