

Home Course In Health Culture

VII.—Seasonable Health Hints

By EUGENE L. FISK, M. D.

It has been estimated that our sun glows with the somewhat feverish temperature of about 10,000 degrees F. and radiates light in the amount of 1,575,000,000,000,000,000,000,000,000 candle power.

Considering these facts, one must be impressed with the exceedingly narrow physical limits within which life exists on this planet.

Restful Sleep Necessary. Restful sleep is very necessary to restore the nervous system exhausted by prolonged hot weather.

Diet and the Weather. It is not wise to starve oneself in hot weather. But there is little risk of this happening in prosperous America.

Evil Influence of Drink. I hesitate to state that alcohol taken freely lowers the body temperature less than one perceives this as an excuse for drinking in the heated term.

The Ice Water Habit. Ice water is not only harmful in checking digestion and diluting the blood, but ice often contains germs or their spores, which when taken into the system rapidly multiply.

Heat Stroke and Exhaustion. Sunstroke, heat stroke or thermic fever is generally caused by alcoholism. The patient falls unconscious, the face is congested and the breathing heavy.

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the extreme summer weather. It is not uncommon to see dark colored, thick clothing, more appropriate for spring wear, worn with dumb and patient persistency right through the sizzling heat of midsummer.

Loose, light colored, porous clothing will exert a marvellous influence for comfort. The money wasted in futile attempts to quench thirst would be better expended on a linen suit and linen mesh underwear.

Bathing and the Weather. The daily morning shower or plunge will brace the nervous system for the ordeal of a hot day; likewise it will give poise to the circulation and develop a resistance to cold weather germs of grip, bronchitis, etc.

Children should not be allowed to paddle around in the water with heads exposed to the sun. A sea dip is good for them, but they should not be permitted to play around the water unless their tender little brains are well protected from the sun's rays.

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INTERNATIONAL BOWLING MEET

St. Paul, Minn., Feb. 20.—Teams from Chicago, Des Moines, Winnipeg, Superior, Sioux City, Aberdeen, S. D., and Winona, Minn., held the alleys yesterday and last night in the international bowling tournament.

The brewers of Sioux City made the highest score of the day in the five-men event, putting them in ninth place. Royals of Winnipeg were next high with 2,890.

Lipe and Knight of Des Moines were high in the doubles with 1,173 and are now in third place, while a score of 1,185 by Cuthbertson and Gibson of Winnipeg landed them in fourth place.

McKeon of Winnipeg went into fourth place in the singles, with 629. Noblett of Des Moines was next high with 609.

ENGLISH BANTAM GOES HOME.

Digger Stanley Discouraged by Treatment He Received Here.

New York, Feb. 20.—An outgoing trans-Atlantic liner this week will have as one of her passengers Digger Stanley, the English bantamweight champion, on his way home.

Stanley was charged by some critics with using unwarrantedly rough tactics in the fight with Burns. "I was truly dumfounded," said Stanley, "when after beating Frankie Burns safely on points, I read in some papers the next day that I had lost. I'll be glad to box Burns in London and will guarantee him a square deal, too."

MORE SMALLPOX AT GORDON.

Three New Families Quarantined With the Disease There.

Gordon, Neb., Feb. 20.—Special to The News: Three new families have been quarantined for smallpox here during the past week, while the quarantine has been raised on two of the families that have had it.

Lloyd George Recovers.

London, Feb. 20.—David Lloyd George, the chancellor of the exchequer, is reported to have completely recovered his health here. He will resume his place in the house of commons today.

HUMPHREY LOSES ONE.

Timber Lake Gets Land Office Moved From Aberdeen, S. D.

Washington, Feb. 20.—Senator Brown recommended the appointment of W. C. Foster to be postmaster at Meadow, Neb.

Ask Sunday Postoffice Closing.

Chicago, Feb. 20.—Christian Endeavor workers stormed the Chicago postoffice and substations with 12,000 printed appeals to abolish Sunday labor for postal clerks and carriers.

Gordon Wins Debate.

Gordon, Neb., Feb. 20.—Special to The News: Gordon high school won in the debating contest with Chadron.

Here's Another "First" Robin.

Scottsbluff, Neb., Feb. 20.—Editor News: I saw the first robin on my ranch today and it surely must be the first robin of the season.

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tendance on his wife during her operation. M. L. Thompson is nearly ready for business in his new location in the Stringfellow building.

James Lehey of Ewing was a bus driver yesterday in town Saturday. The Oakdale musicians are to organize a band Monday evening. Oakdale has considerable talent along this line and a strong organization is looked forward to.

A number of the young ladies met upon invitation of Miss Lulu I. Durland and formed a club called the "Independent Order of Unappropriated Blessings." The officers elected were: Lella Admire, president; Agnes Robinson, vice president; Gertrude B. Gove, secretary, and Lulu I. Durland, treasurer.

A. G. Beach made a trip to Tilden. Homer McDonald spent Sunday with his family at Tilden. Miss Lulu I. Durland is reported as confined to the house with measles.

Japs Renounce Canadian Contract. London, Feb. 20.—Japan has renounced the Anglo-Japanese convention of 1906 regulating the commercial relations between Canada and Japan. The convention will thus expire in July.

Neligh Raises Oakdale Bid. Neligh, Neb., Feb. 20.—Special to The News: Now comes the "Boosters' club" of Neligh, Neb., with a substantial raise of Oakdale's bid on the removal of the state capital from Lincoln to Neligh, Neb.

Resolutions were passed to raise the cash bonus from \$250,000 to \$400,000, and in addition to furnish light, heat and water for a period of 100 years.

As a further special inducement they promise that the 8 o'clock closing law will not be enforced during the sessions of the legislature, and that a spotted coach dog will be furnished to parade at all times under the water wagon.

A bond will be executed by said "Boosters' club," signed by the mayor, city council and George Summers for the faithful performance of their contract.

THE MUMPS AT CORNELL.

So Many College Students Attacked That They Overtax Infirmity.

Ithaca, N. Y., Feb. 20.—Cornell students suffering from the mumps, have so overtaxed the capacity of the infirmary that the university will advertise for accommodations for the cases.

Mexico Basis for Peace.

Paris, Feb. 20.—In a review of the crisis in Mexico, made today for the Associated Press, Jose Yves Limantour, minister of finance in the cabinet of President Diaz, declared that the only basis for peace was that the insurgents lay down their arms pending negotiations with the government which on its part should grant a reform of the revolutionary party.

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the bride's sister, Mrs. J. J. Leik, Mr. and Mrs. Grady left for their future home at Lincoln, where Mr. Grady is a brakeman on the Burlington railroad. Among the guests were Mr. and Mrs. Arthur Dehler, the latter a sister of the groom.

Congressman Allen Dead. Washington, Feb. 20.—Representative Amos L. Allen of Washington, died of pneumonia at his apartments here early today, following several days' illness.

RAILWAY EMPLOYEES WIN CASE

Iowa Law Granting Them Right to Damages, is Upheld.

Washington, Feb. 20.—The constitutionality of the law of Iowa passed in 1898, enabling an employee of the operating department of a railroad to sue a railroad for injuries, notwithstanding the fact that he had received injury benefits from a relief department supported partially by the railroad, was upheld today by the supreme court of the United States.

"FULL CREW" LAW UPHOLD.

Size of Crews on Freight Trains Can Be Regulated by a State.

Washington, Feb. 20.—The "full crew" act of Arkansas, regulating the size of crews on freight trains, was held today to be constitutional by the supreme court of the United States.

Boycott Case Dismissed.

Washington, Feb. 20.—The noted "boycott" case brought by the S. Bucks Stove and Range company against the American Federation of Labor, came to an end today when the supreme court of the United States dismissed formally the appeal to it from the lower courts.

A Railroad Wins Decision.

Washington, Feb. 20.—A transportation rate is not "unjust and unreasonable" within the meaning of the interstate commerce laws merely because it may be inequitable, according to a decision announced today by the supreme court of the United States.

Light Proposition at Wymore.

Wymore, Neb., Feb. 20.—The city council met and considered the water and lighting question in all its phases.

TO REVIEW ROSIN TRUST CASE

Washington, Feb. 20.—The supreme court of the United States today granted a request that it review the conviction of officials of the American naval stores company, accused of having violated the Sherman anti-trust law.

Mrs. Sheriff Was Overcome by Smoke.

Fire from an overheated cook stove and a defective flue in the kitchen of the Aden Sheriff residence at 1104 Taylor avenue, partly destroyed the interior of the small house and damaged the furniture.

Funeral Services over the Remains of Mrs. Caroline Boldt.

Funeral services over the remains of Mrs. Caroline Boldt, who died at her home on South Fifth street Friday night from a stroke of paralysis of the heart, took place at 2 o'clock Monday afternoon at the family home, where short services were held.

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