

Home Course In Health Culture

IX.—Sleeping For Health

By EUGENE L. FISK, M. D.
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SLEEP, thou repose of all things, Sleep, thou gentlest of the dainties, thou peace of the mind, from which care flies, who dost soothe the hearts of men weary with the toils of the day and restitute them for labor.

Thus spake Ovid about the year 10 B. C. Since then little has been added to our knowledge of the actual mechanism of sleep. Psychologists and physiologists have their theories, but as it is difficult to put the sleeping brain under the microscope the "mystery of folded sleep" is still a mystery.

Theories of Sleep.

Some have thought that the gradual accumulation of waste products in the blood brings on a condition of irritability or fatigue of the brain cells, finally resulting in depression and unconsciousness; others, that the delicate filaments by which the higher



CHEAP SLEEPING PORCH.

(A temporary sleeping porch outside a window, supported by braces set at an angle and protected by an awning, may be built at a cost of a few dollars.)

brain cells communicate are retracted during sleep, thus withdrawing the brain from outside stimulation. It is conceivable that if all our senses by which we communicate with the external world were paralyzed sleep would automatically follow. For example, suppose complete paralysis of all sensory nerves except those of one eye existed. By closing this the patient would at once be put to sleep.

Another theory assumes that the center—the vaso motor nerve center at the base of the brain—which controls the blood vessels and equalizes the circulation of the blood throughout the body, becomes fatigued, resulting in a dilation of the arteries of the body and a lessened blood supply in the brain.

It seems well established that during sleep a condition of anaemia of the brain exists, whatever may be the causes underlying it. This explains the feeling of drowsiness after a hearty meal, when there is a determination of blood to the digestive organs and a withdrawal of blood from the brain.

Importance of Sleep.
But there are many kinds of sleep, and the gentle poet refers to only one kind—healthy, restful sleep—the kind that "slices into the soul."

That sleep is an important thing is sufficiently evidenced by the fact that man spends about one-third of his lifetime in that condition. Those who have tried to lessen this proportion have usually paid the penalty which nature exacts for any attempt to cheat in "playing the game."

Value of Early Training.
Babies should sleep most of the time, but most of them don't. The discipline of early retiring should be commenced in childhood and rigidly enforced. The practice of allowing little children to sit up in the evening so that papa may play with them is heartless, selfish and cruel. Children under ten years of age should be put to bed not later than 8:30 o'clock; from ten to fourteen years from 8 o'clock should be the limit, and from then on until maturity is reached 9 o'clock is a safe and sane hour.

The evening meal should be simple and all excitement—romping, reading of exciting tales, hard study, etc.—avoided. An effort should be made to encourage rather than disturb the natural drowsy preliminary to the healthy sleep, which is real food to the rapidly developing child brain.

With a good start in life along these lines it will take a vast amount of abuse and neglect to destroy the habit of healthy sleep. But modern life is complex; its work and play are exciting, strenuous and often unsettling. The childhood habit of sound sleep, when the rain upon the roof was a pleasant and soothing sound, is too often succeeded by the light and fitful sleep which vanishes with a creaking shutter or a gust of wind.

When one reaches such a state, what to do? It is easier to say what not to do, and we will approach the subject first from that standpoint.

Things to Avoid.
Do not, above all things, seek relief in drugs. They are seldom really needed, and when they are actually necessary it is playing with dangerous fire to use them except under the advice and control of a physician.

Another thing to avoid is worry over loss of sleep. It is surprising how little sleep some people can get along with who deliberately keep late hours and never give a thought to the loss of sleep. A great deal of the injury to health from insomnia is caused by the

attendant worry and fear that the condition will become chronic and that the lost sleep has produced some grave injury to health.

As a matter of fact, most cases of insomnia are readily curable if the patient's co-operation can be secured. In cases of mild insomnia, where the trouble is not of long standing and is due to worry, overwork or nerve strain of some kind, very simple remedies will often suffice, and it is at this stage that a determined effort should be made to check the growing habit.

In the first place, have faith in your ability to check the tendency. Resolve that you will not carry your cares to bed with you and especially avoid harassing problems immediately before retiring. Do your hard thinking in the morning hours. You will think more clearly and take less time about it. Make it a settled practice to work out your tough life problems in the early hours of the day.

It is surprising how a prodigious worry which after a long day's work looms enormous and threatening, like the genie emerging from a bottle in the Arabian tale, will dwindle to ridiculous proportions when viewed in the morning light. The tired brain cannot get a true perspective of affairs, and just as everything seen through a rough, uneven glass appears distorted so do our troubles when seen through tired eyes. The rested morning brain is well balanced. It weighs accurately and will measure real trouble when it comes and more thoroughly prepare to meet it than the overworked "evening" brain, which is always crying "Wolf, wolf!" If you are a commuter think it out on the train. If you are a farmer wrestle with it as you plow the field. If you are so thrice blessed as to have a garden and a spare moment work it—dig, dig—and at one and the same time you will gain health and succor from your mental strains and twists.

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When to Call Physician.
If all efforts to expel care from the mind at night fail and the brain continues overacting in spite of every effort, if some sharp corner in life is being reached, then the time for the physician has arrived. Sleep under such circumstances must be had if prolonged illness or mental breakdown is to be avoided. The physician must use his judgment in each particular case, but it is seldom that he cannot bring relief and restore control. It is only where reckless neglect and self drugging have undermined the nervous system that his efforts fail.

In the milder cases of insomnia, however, in addition to the cultivation of self control and orderly thinking habits as above outlined, there are simple measures which are often effective. The most potent is the hot foot bath. If you are skeptical, try it some night when your brain is throbbing and your head is spinning from a long, vexatious day. Immerse the feet in water as hot as can be borne for ten to twenty minutes. Then hop into bed, shut your eyes, and it will be rare indeed that the "Land of Nod" will not open to you and give you rest. The evening foot bath is a mighty good thing even for those who are not especially troubled with insomnia. It rests the brain and promotes a more normal sleep than most civilized people are able to get.

Another good remedy is a slightly warm general bath just before retiring. Both hot and cold general baths are stimulating and will not promote sleep.

Importance of Diet.
Restless, disturbed sleep with wearing dreams—the kind the little boy has in the funny papers—is not uncommon in such cases. Indigestion is frequently responsible. Careful diet at the evening meal is worth while if you wish to avoid trouble. Thorough chewing of all bread, pastry and vegetable food is advisable. Constipation must also be guarded against, not by the constant use of cathartics, but by exercise, water taken rather freely between meals and regular habits. "Acid stomach" and intestinal fermentation, causing the accumulation of gas, are often the cause of restless sleep. Immediate relief may be had through simple domestic remedies, such as milk of magnesia, bicarbonate of soda, etc., but an effort should be made to prevent such a condition by proper eating habits.

Late suppers, tea, coffee, etc., are, of course, to be avoided by those who do not rest well.

Summary of Sleep Suggestions.
Live a healthy, sane life in the open as far as possible; exercise within proper limits; eat simple food and chew it thoroughly; look your troubles in the face, but do it when you are best prepared to meet them. Have regular hours for sleep and do not use them to marshal the facts of your business; avoid stimulants and drugs and sleep in a well ventilated room.

"Want Advertising" will serve you in finding the loser of the article you find—or, failing that, in establishing your moral right to keep it. This "right" does not exist at all until you've made a reasonable and real effort to restore the article to its owner and you have not done this until you've advertised it!

Want-advertise in The News.

EUROPEAN NEWS AND VIEWS

London, March 4.—One will have to go back twenty-six years to find a parallel to such an exciting session of parliament as is the present one. That was when Mr. Gladstone changed his mind and came out for home rule. The next most exciting time was in 1903 when Joseph Chamberlain proposed to abandon free trade. The resistance to the parliament bill will be strenuous, but the measure is expected to be carried through commonsense early in May, without doubt. The lords can not depend upon the king to extricate them from their critical position. They must fight their own battle and they do not know how to meet the argument that the parliament bill has received popular sanction and cannot be rejected.

Were it not for the condition of Mr. Lloyd-George's health the ministry could be said to be in fine fighting form. But although the chancellor of the exchequer is much improved, his physicians have warned Mr. Lloyd-George that his voice must not be strained by persistent use, or he may be forced to retire from public life permanently. The financial business is heavily in arrears and the chancellor alone can extricate the treasury from the various complications and clear the ground for another installment of the democratic politics outlined in the budget speech and for the introduction of disability pensions and a system of insurance against unemployment.

While the government has secured fresh supplies of debating power, the opposition has failed to bring forth any new debaters, and there is a dearth of ability in the front of the opposition bench. The most serious complaint against the unionist party organization is that the safe seats are taken by men who have money rather than talent, and that ambitious men of real ability are left to contest hopeless boroughs and are kept out of parliament.

The Very Reverend William Melldunn Furneaux, dean of Winchester, who is revising the Ten Commandments, is said to be perplexed about changing the second, fourth and tenth commandments, especially. Two of them happen to be long commandments and his task is to suggest ways of shortening all three. He has not decided what to do about the second, which forbids the making of graven images, or about the fourth, in which all our Sunday laws are rooted. He proposes to shorten the tenth, which forbids us to covet our neighbor's house, wife, manservant, maidservant, ox, ass, or anything that is his, by making it read simply, "Thou shalt not covet."

Again the salary of the Lord Mayor of Dublin is giving trouble. Originally, after much discussion, it was fixed at 3,500 pounds or about \$18,000 a year. It was reduced a few months ago on account of the distress prevailing in the city, to \$8,000. Then it was raised again, and reduced again, all within the past month. The new lord mayor declares that he will not allow public meetings or entertainments to be held at Mansion House during his administration. He will use his own home in the suburbs in order to demonstrate that it is impossible to maintain the dignity of the office on \$8,000.

Six New Autos Bought in Norfolk.
The following Norfolk people have placed orders for Overland automobiles with A. Koyen:
C. P. Loran, George B. Christoph, W. P. Logan, George M. Dudley, Jr., G. D. Butterfield, W. S. Butterfield.

1,000 Acres of Alfalfa.
Because W. H. Butterfield & Son of Norfolk, owners of 10,000 acres of farm and ranch land in north Nebraska, have found after much experimenting that alfalfa is the most profitable crop for feeding cattle and that all the alfalfa raised on the Butterfield ranches has been used up by their own stock, the management has decided to plant more of this crop, and will eventually have a thousand acres planted in alfalfa.

G. D. Butterfield and Professor E. W. Hunt, the alfalfa expert, had a conference Thursday evening which resulted in Mr. Butterfield's ordering fifty bushels of alfalfa seed and announcing that he would gradually keep increasing the planting of alfalfa until a thousand acres in the vicinity of Wausa is producing this grass.

Mr. Butterfield's order of seed through Professor Hunt was chiefly due to the fact that there is a swindle, even in the sale of alfalfa seed. Mr. Butterfield's order goes to Chadron where he declares the climate is semi-arid and the winter weather is more severe than in this territory. Seed from a region that is more severe is better to bring to a milder climate than seed from a warmer section, as the mild climate seed suffers when transferred to severer conditions. Mr. Butterfield was an enthusiastic attendant at the Northwestern land show, when the railroad brought the exhibit here. Professor Hunt received notice Thursday evening that the road was about to send the show through Wisconsin, and he will accompany it for the purpose of lecturing on the alfalfa product. It is believed by Professor Hunt that the show will be cut down somewhat to make it more convenient for packing and exhibiting.

lar. The Rev. Claude Montefiore, who is the leader of the movement, thinks that liberal Judaism demands and justifies for the Jews of the west an embodiment which is in accordance with western conditions.

At the outset of the particularly festive season of the coronation the public is facing a great increase in the price of champagne. Brands which sold last year for \$21.25 to \$23.50 a case, now bring from \$5 to \$6 more. All around the increase is estimated at 30 per cent. This is due to the almost complete failure of the vintage of 1908 and 1909 and the consequent dearth of champagne, with no prospect of that of last year.

The old conflict in Germany between the supporters of the Latin and Gothic character in writing has broken out with great fury. The immediate cause of the outbreak is the acceptance by the Reichstag petition committee of a plea by leading citizens that only the Latin character be used for the first three years of school instruction.

Yeggs Lose Legal Fight.
James Morrison and Harry Joyce, arrested in Sioux City about two years ago on the charge of robbing the bank at Hadar, have just lost their final battle in the courts and must stay in prison.

H. F. Barnhart, attorney for the men, has received word that the supreme court of Nebraska has sustained the district court in convicting the men. The lengthy legal battle for freedom started in Sioux City when the prisoners put up a hot fight against being taken back to Nebraska. The third member of the trio, James Riley, was released on a habeas corpus proceeding in the district court at Sioux City.

Morrison and Joyce were taken to Pierce for trial and were convicted. The case was carried to the supreme court, which has just ruled that the men must stay in prison, where they have served a year already.

The bank robbers came to Norfolk, remaining at a local rooming house for some nights just before they dynamited the bank at Hadar.

ANOTHER HORSE IS DYING.

Another valuable pure bred Belgian horse, one of the consignment sent to G. L. Carlson from Zulte, Belgium, is expected to die. The horse is but 8 months old and is suffering from lung fever. The extremely severe storms on the Atlantic ocean and the seven-day voyage are the probable causes of the severe illness of this valuable animal.

The nineteen thoroughbreds are stabled and cared for at the Carlson breeding barns on East Norfolk avenue and many people visited them Friday and Saturday. Among the visitors were several purchasers who are anxious to get in possession of at least one of these animals for breeding purposes. One of the horses spoken for by Dr. C. J. Verges will probably sell for \$465 and in a year it is estimated it will be worth \$1,000. The purchasers of the horses have not yet been announced, but Mr. Carlson is giving the local breeders a preference over the applications of breeders living away from this vicinity.

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School Notes.
The grades are planning an operetta "The Comrades of Tivoli," March 24. It will include children of all the grades and will be a most pleasing and elaborate program. The interest in the real study of agriculture in our high school still keeps up. The students are learning real things from real farmers, as well as facts in books. Last week the eighth and ninth grades went to the alfalfa show, and Thursday morning of this week they attended the farmers' in-

stitute. The high school, too, has been fortunate in its visitors for the week. Superintendent Hensel, Mr. Hunt and Mr. Mallory, secretary of the State Fair association, all gave short talks Thursday morning. Mr. Hunt on the value of education for service, and Mr. Mallory regarding prizes offered to the boy raising the largest number of bushels of corn on an acre.

Bernice and Donald Mapes and Marion Stitt entertained the seniors and the high school teachers at the Mapes home last Friday evening. After the young people had matched cards for partners and had conversed for a few minutes, each wrote a description of the other. The eight best were chosen and they were exceedingly bright and witty. Miss Bessie Ward was the lucky one of the eight in winning the prize. Guessing contests were engaged in, but the fun reached the climax in progressive "spearing peanuts." Alva Bowman scored the highest number of points. Fruit salad and cake were served. The seniors all agreed that Donald, Bernice and Marion were delightful hosts.

President Vile of the board of education and County Superintendent Hensel have been visiting schools for the past week. The Latin society met last week Thursday evening after school, at which the first of a series of programs was given. A representation of the elementary Latin school was first given, which was very amusing as well as instructive. Descriptions were then given of the higher grades in the Latin course of education. Another interesting feature was an original Latin oration which Caesar was supposed to have given to encourage his men just before a battle. A Latin song sung by a girls' quartet was also well appreciated. The program ended with a Latin song sung by the entire society.

History of Sixty-first Congress.
Washington, March 4.—In the retrospect, the Sixty-first congress, which expired by constitutional limitation at noon today, appears to have been distinguished by three things: The revision of the tariff in the so-called Payne-Aldrich bill, which was passed at an extra session in the summer of 1909; the large amount of important legislation, much of it upon the recommendation of President Taft enacted at the regular session of 1909-10; and the exceedingly small product of the "short session" so-called, now closed.

The interval between the last two sessions was marked by the political upheaval registered at the general election last November, which changed a large republican majority into a still larger democratic majority in the house of representatives; cut the republican majority in the senate almost to the vanishing point and incidentally effected striking changes in the senate personnel. The failure of this session to enact much important legislation has resulted in the practical certainty that the new Sixty-second congress will be called almost immediately in extraordinary session, especially by reason of the strong desire of President Taft to secure action upon the pending reciprocity agreement with Canada, and the consummation of which the contracting parties pledged the utmost efforts of the two governments.

In strong contrast with the support which the Taft administration received from the republican majority in the matter of legislation in the regular session of 1909-10 is the fact that at the present session the majority has been anything but united; the reciprocity agreement was passed in the house by the aid of a large portion of democratic votes, while in the senate the rift in the majority between the "regulars" and the "insurgents" was an important factor in its side-tracking and in the consequent summoning of the extra session.

To this division in the majority was largely due the most dramatic feature of the previous long session—the protracted and sensational conflict last spring which ended in material changes in the house rules generally interpreted as "the overthrow of the speaker" and which, after a bitter fight lasting many hours and including one all night struggle, stopped only just short of the actual unseating of Speaker Cannon. While the acrimony between regulars and insurgents neither began nor ended with the battle over the rules, that was its most conspicuous episode, and there has been little peace between the factions since in either house.

In the senate the most sensational feature of this session was the unavailing effort, in which the insurgents were most active, to unseat William Lorimer as junior senator from Illinois on the ground of alleged bribery in connection with his election by the legislature of that state in the spring of 1909. The echoes of that battle are still reverberating, and its bitterness adds friction to the closing hours of the senate session.

Another important recent action of the senate was the defeat of the resolution embodying a proposed amendment to the constitution of the United States to provide for the direct election of senators by the people. This resolution received more than a majority of the senate, but it needed a two-thirds vote, and fell short by only four. Had the senate passed it, the house almost certainly would have done so. The friends of this proposition entertain little doubt that it will pass the next congress, and go to the states for ratification or defeat.

The output of this session in the way of general measures 1234 consists chiefly of the appropriation bills and several of them have seemed to be in danger more than once in the tense situation of the last few days when long hours passed away in filibustering on one side or the other. Thousands of bills were introduced and thousands more came to the closing session as a heritage from the first and second sessions. In all, there are between 35,000 and 45,000 measures before congress as it comes to a

close. The failure to enact many laws was not due to lack of real material.

These are some of the more important measures, outside of appropriation bills, that the final session of this session enacted into law:

Providing for forest reserves in the southern Appalachian and White mountains.

Providing for the inspection of boilers on locomotives.

Providing for the purchase or erection of embassies, legations and consular buildings abroad.

An ocean mail bill passed the senate, but the house did not manifest enough liking for it to send it on to the white house.

Barren as the final session may have been of fruitful legislation, the republican leaders point to the preceding session as more fruitful.

For the first of extra session, they point to:

The Payne-Aldrich tariff act, with its maximum and minimum features and corporation tax provisions and its customs court.

The resolution providing for an income tax amendment to the constitution.

For the first regular session they refer to laws for:

Establishment of postal savings banks.

Admission of New Mexico and Arizona to statehood.

The most extensive census ever taken.

Creation of the commerce court and sweeping amendments to the interstate commerce act.

Bullinger-Pinchot investigation.

Conservation legislation, including authorization of withdrawal of public lands to preserve water rights and authorization of the issue of twenty million in bonds for completing irrigation projects.

Legislation designed to suppress the "white slave trade."

Publicity of campaign contributions at election of members of the house.

Amendment to the employer's liability act of 1908; supplemental safety appliance act; requirement that railroad report accidents to interstate commerce commission, and establishment of a bureau of mines.

Reorganization of lighthouse service.

Authorization of expenditure of \$28,000,000 for public buildings.

Train Robbers Many Years Ago.
In a reminiscence mood, P. H. Hayes, a six-striped conductor on the North-western run between Long Pine and Chadron, told of a hold-up on his train twenty-one years ago. Mr. Hayes was then a conductor on the same run he now holds, and one night a young fellow about 21 years old boarded the train as a passenger at Wood Lake. It seems that at the same time another young man boarded the front end of the train, and when nearing Arabia the young man in front climbed over the tender and at the point of a revolver compelled the engineer to stop the train.

Just as the train was slowing down the young passenger approached the conductor from the rear and when the conductor turned around he was confronted with the business end of a huge Colt's revolver, which kept him quiet for a few minutes. The boys did not seem to have a very definite plan of action, for about that time a yell was heard from the outside and the young man who was guarding the conductor turned and rushed out of the car, without securing one cent of plunder. The two boys were followed across the prairie by a posse from Wood Lake and captured twenty-five miles south of that town. Conductor Hayes, who at this point left the car as the train was approaching a station, did not remember whether the amateur bandits were punished after their capture or not.

ANTI-TREAT BILL.

Measure Provides Penalty for Saloon-keeper Who Treats in His Saloon.
Lincoln, March 4.—There were some interesting bills acted on favorably yesterday.

Among seven bills passed by the senate one is Ollis' 242 providing for direct appeals from the railroad commission to the supreme court.

In the house eight bills were reported for the general file. Among them were:

McKelvie's \$25,000 appropriation for advertising Nebraska under the direction of the state board of agriculture.

Quackenbush's bill providing for the recall of state officers.

Quackenbush's bill providing for the creation of a board of control for state institutions, with the aim of removing them from politics.

The house recommended for passage:

H. R. 368, by Shumaker, appropriating \$5,000 for the school for the deaf at Omaha.

H. R. 298, by Evans, providing a stiff penalty for saloonkeepers who permit treating in their places of business. The bill says the license of a saloonkeeper shall be suspended; the building shall be no longer used for saloon purposes; the offender shall be fined \$100 and costs; when a saloon keeper is found to have permitted treating in his establishment.

H. R. 219, by Hardin, a pure food bill.

Notice to Creditors.
The state of Nebraska, Madison county, ss.

In the matter of the estate of Ethel Long, deceased. Notice is hereby given to all persons having claims and demands against Ethel Long, late of said Madison county, deceased, that the time fixed for filing claims against said estate is six months from the 7th day of March, 1911. All such persons are required to present their claims with the vouchers to the county judge of said county at his office in the city of Madison, in said Madison county,

on or before the 8th day of September, 1911, and that all claims so filed will be heard before said judge on the 8th day of September, 1911, at 1 o'clock p. m. Thomas Long is the administrator of the estate.

It is further ordered that notice to all persons interested in said estate be given by publishing a copy of this order in the Norfolk Weekly News-Journal, a weekly newspaper printed, published and circulating in said county, for four consecutive weeks prior to said day of hearing.

Witness my hand and seal this 28th day of February, A. D. 1911.

Wm. Bates,
County Judge.

Notice to Creditors.

The state of Nebraska, Madison county, ss.

In the matter of the estate of Sarah K. Long, deceased. Notice is hereby given to all persons having claims and demands against Sarah K. Long, late of Madison county, deceased, that the time fixed for filing claims against said estate is six months from the 7th day of March, 1911. All such persons are required to present their claims with the vouchers to the county judge of said county at his office in the city of Madison, in said Madison county, on or before the 8th day of September, 1911, and that all claims so filed will be heard before said judge on the 8th day of September, 1911, at 1 o'clock p. m. Thomas Long is the administrator of the estate.

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In the matter of the estate of John Higman, deceased. Notice is hereby given to all persons having claims and demands against John Higman, late of Berrien county, Michigan, but owning an estate in said Madison county, Nebraska, that the time fixed for filing claims against said estate is six months from the 20th day of February, 1911. All such persons are required to present their claims with the vouchers to the county judge of said county at his office in the city of Madison, in said Madison county, on or before the 21st day of August, 1911, and that all claims so filed will be heard before said judge on the 21st day of August, 1911, at 1 o'clock p. m. Metta B. Higman, Bertha Higman, Irving W. Allen and Oren B. Hipp are the executors of the estate.

It is further ordered that notice to all persons interested in said estate be given by publishing a copy of this order in the Norfolk Weekly News-Journal, a weekly newspaper printed, published and circulating in said county, for four consecutive weeks prior to said day of hearing.

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HELP WANTED.

WANTED—All parties interested in the Gulf coast, Texas, country to write us for information. Come to a country where two crops can be grown each year, where the soil is good, water sweet and pure, where the sun of summer is tempered by the cool breeze from the gulf and where stock does not have to be fed more than half the year. Get in touch with the Tracy-Enos Land Co., Victoria, Texas.

WANTED—Success Magazine requires the services of a man in Norfolk to look after expiring subscriptions and to secure new business by means of special methods usually effective; position permanent; prefer one with experience, but would consider any applicant with good natural qualifications; salary \$1.50 per day, with commission option. Address, with references, R. C. Peacock, Room 102, Success Magazine Bldg., New York.

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