

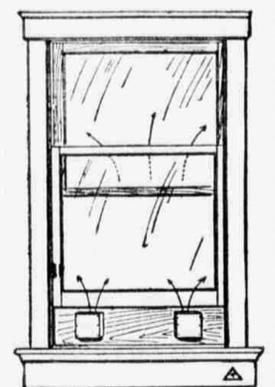
Home Course In Health Culture

XIV.—Disease Prevention In The Home

By EUGENE L. FISK, M. D.
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WHO would not give a trifle to prevent what he would give a thousand worlds to cure? Dr. Young, who wrote these words, had a habit of "seeing things at night," but not in the popular sense of this expression. He wrote "Night Thoughts," but saw very clearly the principle which the medical profession is now carrying out well expressed in the homely old phrase, "An ounce of prevention is worth a pound of cure."

Scourges of the Past.
The horrors of pestilence and unnecessary disease that afflicted our forefathers are almost unbelievable in these days, and yet during the dark ages they were accepted as a matter



PROPER WINDOW VENTILATION.

Have plenty of window space and so arrange your rooms that they are thoroughly ventilated and well lighted.

of course and variously ascribed to "acts of God" or "the evil one," according to the point of view.

We do not read in the sprightly romances of Dumas and others who have thrown a glamour over history that "itch" was a common, not to say general, affliction at the court of France and that the great Napoleon suffered from this trouble because no one knew its cause or simple treatment.

It seems difficult to realize that in the old days a person who was not pockmarked from smallpox was conspicuous in the streets of London.

The custom of sleeping in bunks in the wall, of using rushes or straw for floor covering, in the meshes of which refuse scraps from the table and other filth were allowed to accumulate, was regarded in the old days as a natural and healthful mode of existence.

The custom of dipping germ infected fingers into large dishes of food containing the general supply for the family was followed by the Four Hundred during the middle ages, when the "black death" and other scourges spread a desolation of which it is difficult to form any conception in these days of comparative "sweetness and light."

But we must not lay too much flattering unction to our souls. Taking into account the advances in science and knowledge of the causation of disease, we are today relatively just as negligent as our forefathers. Reckless and careless habits in defiance of disease risks are still common enough and are responsible for a tremendous waste of life.

The Fall in the Death Rate.

In the registration area of the United States the death rate has fallen from 19.6 per 1,000 in 1800 to 15.4 in 1908. In Massachusetts the death rate has fallen from 19.4 in 1800 to 17.5 in 1907. In England and Wales it has fallen from 19.5 in 1800 to 14.7 in 1908; in Sweden from 17.1 in 1807 to 14.0 in 1908; and in France from 22.8 in 1800 to 14.5 in 1908.

This is a splendid showing, but when we analyze the material from which these figures are derived we find that the death rate among young people has fallen more than 50 per cent, while the death rate among the middle aged and elderly has either been slightly affected or markedly increased, according to the locality investigated.

In Massachusetts the increase in the death rate at advanced ages is really startling and doubtless reflects a condition general throughout the country.

We know that the degenerative diseases affecting middle life and old age—apoplexy, heart disease, Bright's disease, arterial diseases, etc.—have increased 100 per cent during the past thirty years in the registration area, and an increase in the mortality at the ages affected would naturally follow, such as is exhibited in the Massachusetts statistics.

But the limit of prevention and improvement among the infectious diseases that affect young lives has not yet been reached. These diseases, such as typhoid, cholera infantum, tuberculosis, etc., should be absolutely eradicated.

Proper sanitation, especially in the rural districts, is greatly needed and a more thorough observance of the precautionary measures against tuberculosis and other infectious maladies.

Prevention of Degenerative Diseases.
Diseases of the heart, kidneys and blood vessels (apoplexy, paralysis) are

caused by high pressure living, over-eating, intemperance—any condition involving undue nerve strain. What may be done to guard against these troubles? The most rational protective measure is to treat your body just as you would treat your business or your automobile or your yacht. Have it overhauled and examined periodically. What would you think of a man who put out to sea in a vessel that had been used for years and never overhauled or inspected for leaky boilers, pipes or seams? Is it not obvious that he invites shipwreck? But the average mechanic, farmer or business man will embark on a life voyage and wait until something goes wrong before he consents to an overhauling, and then too often in his conceit and foolish egotism he derides the physician who warns him and boasts that he will outlive the doctor or the insurance company that refuses to carry his risk.

Value of Periodical Examinations.
It must be apparent that this human machine should be periodically examined for evidence of commencing strain and impairment. Many a valuable life could be saved for years of happy and useful existence if the early symptoms of disease were detected and the manner of living changed. A downward course may readily be checked if the disease has not gone too far. The wise man, therefore, will consult his doctor at least once a year and listen patiently to advice regarding the habits of eating, drinking and housing. The periodical inspection of the whole family is also desirable. Give the children a chance to be molded and guided to health and strength instead of permitting them to grow up like weeds or untrained vines. The correction of eye troubles, removal of adenoids, tonsils, etc., proper habits of bathing, eating, etc., may completely change the destiny of your children.

These principles are coming to be recognized as of such extreme importance that one large life insurance company has arranged to give to its policy holders the privilege of free medical examinations once a year, believing that the saving of lives will more than offset the expense involved.

Care in Choice of a Home.
In choosing a habitation remember that sunlight, fresh air and dry soil are money savers. By properly choosing your location you may save the interest on the mortgage in doctors' bills. See that your home is on firm, well drained ground. Made ground, however carefully packed and graded, is very likely to cause a dampness in the cellar and around the foundations. Do not settle near a marshy pond or sluggish stream if you can help it. A southern exposure is desirable.

Have plenty of window space, and so arrange your rooms that those most constantly occupied—bedrooms, living rooms, etc.—are thoroughly ventilated and well lighted. The best room in the house should be used by the family, not by an occasional guest.

If the soil is damp the subsoil must be drained below the foundation and the cellar floors and walls thoroughly cemented. Absolute dryness may be attained by laying hollow walls. Bricks are undesirable for cellar walls, as they absorb moisture. Stone is likewise porous and retains moisture. Slate or cement coatings will obviate the danger.

Heating.
If you have a hot air furnace be sure it is of good quality, gas proof and that the air supply is drawn from outside and not from the cellar or any damp or dusty location. See that a water reservoir is attached to the furnace and kept filled.

If other methods of heating by direct radiation are employed some provision should be made for changing the air of the room. Many special ventilating systems have been invented, and if means permit these should be investigated and a desirable one installed when the house is built. Stagnant, vitiated, overheated, dusty or damp air is a menace to health. Exclude these conditions from your home. It can be done.

Water Supply.
If there is no general water supply system in your locality, beware of shallow wells, surface springs or water from any doubtful source. A deep driven well far removed from any possible source of contamination, should be secured, if possible; otherwise cistern water, held in a slate or cemented cistern, is safer. Suspected water should always be boiled.

I have elsewhere dwelt upon the importance of proper sewage disposal, but it cannot be too often stated that the old-fashioned methods employed in the country are barbarous and unworthy of a civilized nation. Study this question carefully and adopt a system, whether surface irrigation or portable dirt earth closet, etc.; that will protect your family and your neighbors from disease. If greater care is not exercised in this regard the state must step in and act vigorously to protect the community from typhoid, hookworm and other maladies due to soil pollution.

The Home Atmosphere.
It is not sufficient to keep physical germs out of the home atmosphere. The germs of discord, strife and confusion are also prejudicial to health. A household where nothing ever happened and everything always worked smoothly would be a great bore, but there is a "golden mean," characterized by patience, forbearance, system and order in the household relations and government.

Good actions enable us, and we are the sons of our own deeds.—Cervantes.

Breaking It Gently.
Servant—You got cheated when you bought a china vase, mum. Mistress—How cheated? Servant—Why, it's weak. It bustled all to smash the first time I dropped it.—Toledo Blade.

Look for the ad that describes the place you would like to own.

SIDE LIGHTS ON OLD MEXICO AND ON HER NEW REVOLUTION

SEÑOR DON JOSE YVES LIMANTOUR, Mexican finance minister, who recently left New York rather secretly and hurriedly, seemed disposed to charge the insurrection in his country to our muckrakers. Said Don Jose:

"It may seem untrue, but I am nevertheless convinced that, except for the sensational articles relative to Mexico which were printed in your newspapers and magazines for a year or more before the insurrectionary movement developed there never would have been the trouble that has existed in my country for several months. For years President Diaz has told writers visiting Mexico that all he desired to be said about his country was the truth and has discouraged fulsome praise as much as the 'muckraking.' I believe you call it, which has been so much in evidence for some time.

"And this is all that I ask of the press of the United States or of any country in dealing with Mexico—the truth. You are familiar in a general way with the extent of foreign investments in my country, chief of which are American. If your papers have any regard for the interests of Americans with large sums of money in enterprises in Mexico and for the possibilities for the further investment of foreign capital there, it is difficult for me to understand how they can longer print sensational matter regarding Mexico. You may not 'kill the goose that lays the golden egg,' but you certainly will not help the interests of your own people in Mexico.

"Seemingly the Americans who by allying themselves directly or indirectly with that movement have hoped to avenge some alleged grievance against my government have failed to realize that the injury done so far has been as much to American as to Mexican interests. You are probably aware that in the two states to which the trouble has been almost exclusively confined there are several thousand Americans and millions of American money invested. The mining and kindred industries in Chihuahua and Sonora are largely in the hands of Americans.

"Just now those industries are crippled to a great extent, and this—must I say it?—more because of the activities of irresponsible Americans in my country and the support which they have received from this side of the border than because of the initiative of Mexicans resident in Mexico. Your people have taught my people many things they never should have known."

Alfonso Madero, brother of Francisco Madero, the leader of the revolt in Mexico, evidently looks at things from a different angle. Says Madero: "To begin with, the whole state of Chihuahua is now in the hands of my brother Francisco, with the exception of the city of Chihuahua, which he can take any time he wishes. The city is now completely surrounded by the insurgents. Sonora is aflame from border to border, and the insurrection now has a firm foothold in Lower California, while to the eastward in Coahuila there is already a small force in the field. Within the next few days the insurrection will be re-enforced in that state by several thousand coal miners who have been thrown out of employment by the closing of the mines.

"It is the same story—revoit everywhere. In the state of Guerrero, in Vera Cruz, in Oaxaca and in Yucatan, everywhere the revolution is growing. Yucatan is practically lost right now to the Diaz government. It spread with remarkable quickness. The only question that has confronted the leaders was arming the people. For years they have been ready to do what they are now doing, but the government was too smart and was able to keep arms from falling into the hands of the people. So they got arms very slowly. Those who got them first used them first. That is the story of the uprising in a nutshell."

President Diaz has a plan for dividing up the great estates into small holdings for the people. Senator Limantour recently made mention of this project in New York. There is an implied promise that this will be done as soon as the insurrection is over. Says President Diaz:

"Senor Limantour, who is a good friend of mine, perhaps had in mind when making these statements a certain conversation which we had some time ago, in which I outlined to him my ideas as to the purchase by the government of some such estates which at present yield little.

"If these properties are bought by the government and divided into small lots to be owned by actual tillers of the soil their cultivation will be more practicable and the crops obtained will far exceed the inconsiderable yield which the present owners obtain.

"The price at which the lots will be sold will simply be the quotient obtained by dividing the total price paid by the government for the property by the number of lots into which it will be apportioned.

"The settlers will be allowed ten years to pay for their lots, payments to be made in ten annual installments, but as in the first year they will pay nothing they will in reality have eleven years in which to complete their payments.

"In order that settlers may become attached to their properties and induced to take a personal interest in their cultivation they will be forbidden

AMERICAN KILLED IN MEXICO.

Ranchman Wounded Some Days Ago, Dies from Effects of It.
Washington, April 8.—George W. Critchfield, the American who was shot from ambush several days ago at his ranch near Tuxtun, Mexico, died yesterday. This fact was reported to the state department today in a telegram from Clarence A. Miller, American consul at Tampico.

An amusing incident happened in Guanajuato not long ago. Two citizens of that place whose estates adjoined were constantly engaged in a wordy war. One of them was a chicken fancier, and the other prided himself on his vegetable garden.

A vagrant chicken which had wandered beyond the precincts of the fancier's chicken run invaded the vegetable garden of his neighbor. The chicken enjoyed itself hugely among the lettuce and tender sprouts of the garden until discovered by the proprietor, who immediately called in the services of a gardener.

The officer of the law therefore arrested the chicken and held it before the comisario of the district, who entered on the police blotter a charge against the fowl and incarcerated it in the jail. Notification was then sent to the owner of the chicken setting forth the tale of its depredations and informing him he might release his fowl and reclaim it by the payment of \$40. The chicken is still in durance vile.

A man was knocked down by a trolley car recently and was immediately arrested for injuring the car, as in falling the buttons of his coat scratched the varnished surface of the vehicle.

The City of Mexico is possibly the best policed metropolis in the world, but its officers, while vigilant, take every instruction given them in a literal sense. They will arrest anybody or anything that violates a city ordinance.

A short time ago there was a collision between two automobiles, one of the machines being so badly damaged that it had to be left at the place where the accident occurred. The persons occupying the machine were promptly bundled into the auto which was able to proceed, and the entire party went to the police station.

But that did not excuse the broken car. It was formally arrested on the spot and an officer detailed to see that it did not get up and limp back to its garage. By some chance the broken automobile was forgotten for two days, at the end of which time the police captain discovered that he was shy one ordinance. Investigation discovered the ordinance asleep in the machine, where he had camped out ever since charged with his care. And it is very odd on this Mexican plateau at night, as the City of Mexico is more than a mile above sea level.

Charles Schram to Retire.
The March number of "The North-western," a monthly magazine issued by Northwestern railway employees, contains a picture and the following story of Charles Schram, the well known Norfolk engineer, who has decided to retire:

It is a pleasure to the writer of this article to be able to say we have lived close neighbor to Charles Schram for a quarter of a century and know whereof we speak when we say he is a good neighbor in the true sense of the word. Recently Charles's health has not been good and he finally decided to retire, the company placing him upon the pension roll.

Mr. Schram was born in Culberg, Germany, in 1836, but when 14 years of age his parents decided to come to "the land of the free," taking a home near Chicago. Five years later Charles went to Boone, Ia., and took employment in the roundhouse with the Chicago and Northwestern railway.

While on the first rung of the ladder Charles won for a life partner, Miss Minnie Kinney, who has proved to be one of the "uncrowned queens" of America. To them five daughters and three sons have been born, all living save John, the first boy, who died just as he reached his manhood.

In 1876 Charles was sent out firing, and on St. Patrick's day, 1881, was promoted to be an engineer, so while his brothers from the Emerald Isle were celebrating their national holiday, Charles was having a little celebration of his own. He was running a pusher on Monongia at the time Kate Shelley's name was made famous, and was sent west to inspect the track. While walking over a bridge across a swollen stream, ahead of Section Foreman John O'Neill, a tree gave way and John was carried to his death.

Here Thirty-one Years.
In 1885 Charles came to the then F. E. & M. V. Ry., now the N. & W. division of the Chicago and Northwestern, and took an engine, running out of Norfolk, where he built him a beautiful home, in which he has since resided. He and his good wife have the happy faculty of knowing a good thing when they see it, and they have been successful with their investments. When they got a piece of property they immediately improved it and set out trees, thus giving nature a chance to help them.

Charles has played a good game at railroading, and when his turn came he was always ready. He had no fear of heavy trains nor long switch lists, and when the howling blizzard swept across the prairies he never flinched, but stood his ground.

His two remaining sons are with the Chicago and Northwestern railway. Robert is construction storekeeper at Kinzie street, while Amiel is following in his father's footsteps and is running an engine out of Norfolk.

Seeding in Tripp County.
Witten, S. D., April 8.—Special to The News: Seeding is well under way in this part of the country. Old, experienced farmers say that the prospect for a crop at this season of the year is not so good as in the past week has been cloudy, with showers of rain and sleet, and at times showed indications of a regular old time blizzard. It began snowing Wednesday evening and snow covered the ground.

"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 the loser and you have not done this until you've advertised it!

A News want ad will get it.

M'FARLAND RECEIVED \$3, ALL IN NICKELS AND DIMES, FOR HIS FIRST BATTLE.
Packer McFarland, the Chicago lightweight, took up fighting because he didn't want to go to school.

"My mother would send me out in the morning," said he the other day, "but nothing doing in that line for me. I bumped my way along—yes, that's just the word, bumped my way—and naturally I bent my footsteps along the fight road."

"I got \$3 for my first fight, and, say, it was all in nickels and dimes. I thought I had all the money in the world, but when my manager took \$1.50 away from me I was not so rich. I got \$6.00 afterward for fighting Jimmy Birt, the largest sum I ever earned with my dukes, but that \$1.50 in the old days."

McFarland found the nickname "Pucky" from his little kid sister. When the stockyards wonder started fighting it was difficult for her to twist the infamously tongue to Patrick McFarland's real given name, and in the instance of hisp child hood she called her brother "Pucky." The name stuck.

Ainsworth Business Change.
Ainsworth, Neb., April 8.—Special to The News: Dr. J. W. Meffered sold his drug store on Thursday of this week to Dr. H. J. White of this city and Dr. J. J. Evans of Idaho Falls, Ida. Dr. Evans was formerly of Springfield. Possession will be given in about two weeks. Dr. Meffered will continue his optical business in this city.

More than a half inch of moisture has fallen here this week and the ground is in fine condition for work.

Harvey J. Ford, 74 years old, one of the original homesteaders on Buffalo Flats, was buried here today.

Miss Malah Wales, daughter of Henry A. Wales and wife of Lakeland, this county, and William H. McKnight, a druggist of Long Pine, were married Wednesday at the home of the bride's parents.

WAINWRIGHT SURRENDERS.
Brewer Whom Folk Could Not Get Extradited Returns to St. Louis.
St. Louis, April 8.—Ellis Wainwright, a millionaire brewer, who was in Europe when he was indicted in 1901, on a charge of bribery in connection with a street railway franchise, has surrendered to the sheriff. He was released on \$20,000 bonds.

STOCKMAN KILLS FOUR.
Fear That Another Family Had Fallen Victim, is Dispersed.
Billings, Mont., April 8.—Fear that Ralph Bridges and his family had fallen victims to the insane fury of Cliff Roots, Bridges' stepfather, are set at rest. When Root was slaying the kin of his former and present wife, Bridges was stopping at the home of a neighbor.

In the course of Roots' raid he went to the ranch of Harry Dunn. Dunn refused to come out of his cabin and Roots rode away.

Cliff Roots, stockman, shot his son-in-law, P. A. Rehder, his son-in-law, James Bridges, Mrs. W. S. Thompson, who is Roots' first wife's sister; his own wife, and then blew his own brains out.

SOUTH DAKOTA AT A GLANCE.
The Ad club of Sioux Falls has taken up the task of making Sioux Falls beautiful.

Eric Olson Forsen, one of the oldest settlers of Wenster, died at the age of 77 years.

State Senator Duncan A. McPherson is being boomed by his friends for the governorship.

The acreage sown in alfalfa in the southwestern part of the state is steadily increasing.

Carroll & Almond of Miller have in 700 acres of wheat and expect to sow 1,000 acres in all.

It is rumored that the Milwaukee road will build that cutoff between Marion and Sioux Falls.

Kennebec, S. D., business men have raised \$200 for a ball club. A grandstand will be erected at the old park.

The April term of the supreme court began Wednesday with an examination of applicants for admission to the bar.

A series of celebrations will be pulled off at Kennebec the coming summer, including the Lyman County Old Settlers' association and G. A. R. reunion in June.

Musicians at McIntosh have organized a band.

SOCIETY

Pleasures of the Week.
Mr. and Mrs. F. H. Scott entertained a small company of friends at a 6 o'clock dinner on Monday evening, in honor of their guest, Mrs. George Stiert of Omaha. After dinner the guests enjoyed having Mrs. Stiert sing. Cards furnished amusement for the evening.

Miss Adelia Buchholz entertained the Thimble and Needle club at a regular social meeting at her home, 421 South Fifth street Wednesday evening. Refreshments were served by Miss Buchholz.

Mrs. W. R. Jones was pleasantly surprised last Friday when fourteen lady friends came to spend the afternoon. The guests brought refreshments and a delightful afternoon was spent.

Mr. and Mrs. J. F. Walters entertained a company of friends last Sunday evening, at their home on South Ninth street in honor of Glen Graham.

Mrs. George Williams entertained the Ladies Guild of Trinity church on Thursday afternoon.

The Ladies of Christ Lutheran church held a very successful bazaar and cake sale this afternoon.

Mrs. C. E. Hartford was hostess to the ladies of the Christian church on Friday afternoon.

Mr. and Mrs. J. F. Losh of West Point arrived at noon today and will spend Sunday in Norfolk.

Mrs. S. M. Braden returned Thursday noon from a stay of several weeks in Chicago.

GAMBLE AT WHITE HOUSE.
Reiterates Belief that Elliott Will be Named South Dakota Judge.
Washington, April 8.—Bright and early Senator Gamble paid another visit to the white house relative to the South Dakota judgeship. Mr. Gamble reiterated his belief that James D. Elliott would be named to the judgeship in South Dakota in succession to John E. Carland.

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Old Dutch Cleanser

Does ALL Your Cleaning—Easily and Quickly

This new, all-round Cleanser in handy sifter can, takes all the hard work out of keeping things clean. It's much quicker too.

10 Large Sifter Cans

Cleans, Scrubs, Polishes

Pots, pans, kettles, woodwork, floors, shelves, painted walls, windows, metals, cutlery, in the bath room, pantry, kitchen, in fact throughout the house.

Painted woodwork and walls require care in cleaning—do it easily and safely with Old Dutch Cleanser.

The New Way
Sprinkle a very little Old Dutch Cleanser on cloth or sponge, rub easily, rinse with clean wet cloth and wipe dry. No caustic or acid. Avoid them. (Not a soap powder)

Just You Try It

MARTIN MINORITY LEADER.
Virginia Man Opposed by Bryan is Named by Democrats in Senate.
Washington, April 8.—Senator Martin of Virginia at the democratic caucus in Chicago was selected as chairman and minority leader during the present congress. He received 21 out of the 37 votes cast, 16 going to Senator Benjamin F. Shively of Indiana, who was then elected vice chairman.

Senator Chilton of West Virginia was elected secretary of the caucus the two last named places having been filled by acclamation. Senator Owen declined a reelection as secretary.

PAVELKA AND TAYLOR MEET.
No Fall in the Handicap Match Pulled Off at Plainview.
Plainview, Neb., April 8.—Special to The News: There was no fall in the anding wrestling match between Ben Pavelka of Verdigris and "Burke Grant" (G. A. Taylor) of Newman Grove, last night. Pavelka was to throw Taylor twice in an hour. There was apparently no advantage. The two men will wrestle to a finish here next Friday night.

Pounds the Sore Ear.
St. Joseph, April 8.—Eudolph Unholz, the Boer lightweight, was knocked out in the third round of a scheduled fifteen-round bout by Tommy Moore of Chicago here. Unholz was suffering from an infected ear, due to an operation, and Moore won by pounding the injured member. Eddie Howard of St. Louis and Willie Shaffer of St. Louis fought eight rounds to a draw in the semi-windup.

Knocked Cold by Packey.
Racine, Wis., April 8.—Packey McFarland had things all his own way in his battle with Maurice Bloom, the Chicago ghetto boy, who has been coming to the front recently and the battle ended in the eighth round when Bloom was knocked out after having been an aggressor in nearly every round.

A Mutiny in Lisbon.
Lisbon, April 8.—Discontented because of new regulations, some of the workmen employed in the arsenal mutinied here. They seized a tug and steamed out to the cruiser San Gabriel and asked protection, but were driven off. Later they attempted to force their way into the ministry of marine. The republican guard and marines, who were hastily summoned, quelled the revolt and occupied the arsenal.

BRYAN AND TAFT TALK PEACE.
Bryan Has a Plan Which He Thinks Would Solve the Problem.
Washington, April 8.—President Taft and William J. Bryan talked about peace yesterday. Other things may have come in the hour's discussion the president and the Nebraskan had at the white house but international peace predominated.

Mr. Bryan was particularly interested in proposition submitted by him to President Taft more than a year ago, which he thought might do much to prevent war—a commission to which disputes between nations might be submitted. The commission's findings would not bind the countries involved but they would be published to the world.