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WEDNESDAY, SEPTEMBER 15, 1917.

REPUBLICAN STATE TICKET.

For Judge of the Supreme Court, A. M. POST, of Platte.

For Regents of the State University, JOHN N. DRYDEN, of Buffalo.

At a dance near Niobrara, Va. Motak was stabbed by Mike Kotab in a drunken quarrel.

As one more, among the many indications of returning prosperity, it may be noted that the Burlington shops at Havelock are paying more wages than at any time during the past three years.

COLUMBUS is the residence of two nominees for justice of the supreme court, but it doesn't lay over Kearney a great deal.

When the unfortunate deaf mutes of the state are farmed out by the governor to satisfy the popular pressure for salaried patronage, the time has certainly arrived when partnership has run riot in all the state's educational, charitable and benevolent institutions.

IT DOESN'T WORK BOTH WAYS. The Bryan argument seems to be that when prices of farm products are down the crime of 1873 is the cause, but when they are up the explanation must be found in the law of supply and demand.

How the populists should love John J. Sullivan, the fusion nominee for supreme judge! When their patron saint, Van Wyck, lacked just one vote to be elected U. S. senator, the aforesaid Sullivan refused to furnish the vote.

As it seems to be definitely settled that we are to have two prohibition parties henceforth, The Journal suggests that they follow the lead of the sixties to winners and hold two ringed cirques and get the benefit of the attorney-general's brilliant discovery that such cirques can vote one ticket and be entitled to two judges or clerks of election.

It may be possible that the campaign in Nebraska will be given a little more significance than is usual by the fusion forces, especially by that element of them who are so ardently in favor of William J. Bryan as the next candidate for president.

The St. Louis Globe-Democrat has this to say: "We are told that in their canvass this year the Nebraska pops are going to make the campaign of their lives. Nothing short of this will give them any chance to win."

At Webbs all of the barns and one hundred and one scattered over the country. Nothing can be heard from Sabine Pass, as all telegraphic communication has been interrupted.

Excitement is subsiding. No straggle to get out of New Orleans. Never is spreading.

New Orleans, Sept. 14.—New Orleans caught its fever this morning, and the breeze of excitement that prevailed yesterday has subsided.

It is something to have the populists admit that our present prosperity is the work of Providence. Had Bryan been elected last fall all these bountiful crops which have blessed Nebraska and other states would have been ascribed to him and to the establishment of free coinage at 16 to 1.

The silver republicans are not so devout, but are more sympathetic and altruistic.

We recognize in the bountiful crops of this country and the entire

EXPERIENCE RIDDLES THEORIES.

The assertions of the silverites regarding the insufficiency of money to do the business of the country are being as conspicuously disproved as all their other assertions.

Failure of the crops in competing countries a special advantage to our people by raising the prices of farm products, but we deplore famine in other lands and want a prosperity that does not depend upon the adversity of the balance of the world.

They cannot rejoice in the good fortune of our farmers, because they pretend to see behind it the greater specter of famine in other lands! We have but little patience with such foolish and false pretenses and glooms.

In the advance in the price of wheat and the fall in the price of silver have so disconcerted and dumfounded the silverites and so completely overturned their arguments and theories that they are like drowning men grasping at straws.

The American farmer must not be glad of the higher prices offered him for his wheat because his competitors in other countries have not raised as large crops this year as usual and therefore cannot keep the price down!

This is a fine argument to address to a people who so long have suffered from low prices because of these very competitors!

Instead of recognizing the inflexible law of nature in these movements—prices governed by supply and demand—these silverites whine and weep over the fate of our foreign competitors in the wheat markets of the world, because they have no wheat to undersell ours!

What sort of support should the people give to a party like this? Surely the eyes of the farmers must be opened by this time to the stupid hypocrisy of Bryanism and populism.

Last year heartbroken because our farmers had no markets for their surplus, this year heartbroken because they have great and rising markets and other wheat exporting countries have not!

Chicago Branch of Deb's Social Democracy Declares War on Millionaires.

CHICAGO, Sept. 14.—Meetings of the various branches of the newly organized Social Democracy are being held here to discuss the recent Hazleton, Pa., tragedy, and some decidedly lurid language was indulged in by the speakers.

Resolved, we passed by branch No. 2, which contained the following: "The blood of an idle and useless aristocracy is the most precious metal in the world, and the tree of liberty. For every miner killed and wounded a millionaire should be treated in the same manner."

The millionaire class is responsible for the slaughter of September 10, and we regard the torch as the most successful weapon to wield against them."

Fitzgerald Murphy, president of branch No. 2, made a speech in which he said: "The miners should carry arms and use them, too. I would kill 20 millionaires today."

Strong condemnatory resolutions were also passed by branch No. 1, and fiery speeches made. T. P. Quinn said: "I will not carry a musket; I will carry a torch and a knife, and I will carry both as far as I can."

Leroy M. Goodwin, K. V. Debs' right-hand man, in the course of a speech said: "I would track property to its source; I would destroy their fire palaces; let us rebel when men are shot down as they were in Pennsylvania."

HOWARD WALKS OUT OF PRISON. Notorious Swindler Escapes From the Ohio Penitentiary.

COLUMBUS, O., Sept. 14.—Rev. G. F. B. Howard has escaped from the Ohio penitentiary. He was a most famous United States prisoner from Tennessee.

Howard was convicted at Clarksville, Tenn., and sentenced for nine years and fined \$1,200 on 22 counts of using United States mails for fraudulent purposes.

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BIG SHORTAGE IN WHEAT

A Review of the Situation by Statistician Hyde.

UNITED STATES HIGHLY FAVORED. Europe Will Have to Draw Heavily From This Country to Supply Deficiency—Likely Step to be Exported From India, China or Australia For Several Months to Come.

WASHINGTON, Sept. 14.—The following, relating to the wheat situation, is an extract from the complete monthly report of Mr. John Hyde, the statistician of the agricultural department:

High prices for wheat have for several weeks past been increasing, and supplies are being hoarded, and there is a general reaction on prices, causing some decline from the highest figures of August.

The general tenor of the information gleaned from all available sources is not, however, of a character to warrant the expectation of a general reaction on prices, causing some decline from the highest figures of August.

With an annual average European production of 4,385,000,000 bushels during the six years from 1891 to 1896, inclusive, we exported an average of 166,373,873 bushels a year.

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CANADA BUYING KANSAS APPLES.

Failure of the Heavy Production.

TORONTO, Sept. 14.—Representatives of big Canadian fruit companies are now in eastern Kansas buying apples in large quantities to ship to that country.

J. L. Miller, agent for a Manitoba fruit company, is operating with Mr. Williams, known as the apple king of the world, for a big consignment.

Representatives of fruit companies in Ottawa and Toronto are also here and will go to southeast Missouri, "the land of the red apple," if they cannot secure all they want in eastern Kansas.

These buyers say the failure of the Canadian apple crop will entail upon their people a heavy duty in the shipment of American apples. The Canadian duty is 40 cents a barrel.

Inspected Ships Forced to Close. Des Moines, Sept. 14.—Two Des Moines bucker shops were forced to close today because of a shortage of red blood to the bucker, resulting in an unrelieved pressure on the nerve cells of the gray matter, eventuating in prolonged wakefulness during the night, at a time when they should be allowed to remain quiescent and reorganize the tissue wasted during the active hours of the day.

Shakespeare poetically says, "The sleep knits up the ravelled sleeve of care." This is also true scientifically and physiologically. It is capable of being expanded into a whole treatise.

With the lightninglike glance of genius he saw into the very structure of nerve tissue, the cause of its wear and tear and the remedy.

Dr. Samuel Johnson in his ponderous dictionary defined a "net" to be "an interwoven deconstructed tissue of muscles." Each cell in the brain has this character. Magnified several hundred diameters it would resemble the network covering a small balloon.

In the morning, after a refreshing night's rest, each cell is expanded, also with H. and has the faint pink glow of health. At evening, after a long day's work over some exhausting mental occupation, this cell is flaccid and collapsed, a portion of its substance gone, and it is unfit for further immediate work.

A night's natural sleep repairs the waste, the life giving blood in gentle, regular pulsations flows by and the proper element is taken out of each globe and incorporated into the structure of the nerve cell, so that on awakening it is again restored, white and ready to receive and send out messages and do its proper work.

Sleep has knit together again the meshes ravaged out by care. The action of 1,000,000 of these cells packed together in the brain, like Leyden jars in a battery, is analogous to electricity, but not at all identical with it.

One has sometimes in the country noticed a lone forest lightning struck tree slowly decaying as the seasons roll by in the alternations of rain and frost and wind. First the small twigs become brittle, break off and fall, then larger branches and limbs and finally the many thousand subdivisions are reduced to about three large stumps supported by the blasted trunk with the rotten bark clinging to it.

As age creeps slowly on the animal body the small ramifications of blood vessels in the face, for instance, wither and die and then larger vessels, leaving pits called "wrinkles." The same thing happens in the interior of the brain, but this is invisible on the surface.

Instead of many fine subdivisions of arteries reaching every part of the structure and thus irrigating it with the red life giving fluid these dry up, are absorbed and larger ones fewer in number result. Into these the blood has a tendency to pour at night during sleep, on slight provocation resulting in undue distension and engorgement, and consequent wakefulness, thus producing the well known disease "insomnia," which, if prolonged, results in brain wear and insanity.

Let the sufferer look to the health of his whole body by outdoor exercise, open air and regular diet, amend and correct the general health or use tonic baths at the proper time of the day before retiring or on rising. Taking a slight repast before going to bed so that the brain and elevating the head on pillows so as to allow gravitation to assist in draining the blood from the brain are good.

Periodicity is of great assistance. Going to bed at exactly the same hour every night, the firm and strong belief in the fact that you will sleep at that hour, the diversion of the mind just before retiring by some light reading, amusement, work or exercise will help.

Insomnia, if possible to disengage the mind from morbid, irritating or unfortunate personal topics or afflictions. Should the sufferer suddenly awake in the night before the allotted hours for repose have passed, his best plan is not to lie awake in bed in the dark staring vacantly.

The unfortunate mind conjures many gloomy thoughts at this time in the deep, still darkness of the night, when all outside day sounds and noises have ceased their distraction. These cases can be successfully treated at home, and not by drugs.

Have a neat table with the probable light a candle, a throw off and air the bed clothes, sit up in an easy chair, having first thrown open a door or window to completely change the vitiated air of the room.

Of course one must have a chamber to himself to do this. All the conditions external being changed will tend to produce a change of those internal of the body, the brain and the nerves. After a suit, abate interval one can again close the doors and windows, replace covers and retire to approaching slumber.

This was the method of Benjamin Franklin, who had a large, active brain, filled with multitudinous private and public affairs, during a long and active life, and he found it to succeed. (See his autobiography.) Different remedies will suit different constitutions. The same will not do for all alike. Each person must study his own case, the moral and physical causes, remove these and find out what will best soothe his exhausted nerves and induce peaceful repose.

James M. Loring in St. Louis Post-Dispatch.

TROUT AND PICKEREL. Something About Their Methods of Feeding, as Observed at the Aquarium.

It is easy to observe at the aquarium the habits of fish in feeding. Some are sluggish, some are fierce and some are shy. The trout are fed on live killies. The killies when thrown into the tank scatter in all directions, with the trout after them like chain lightning, twisting and turning with marvelous celerity.

The killies double the trout and after them. Rising to a bunch of killies at the top, the trout fairly make the water fly. They jump almost, if not quite, clear out of it, as if they were turning somersaults, and down they go in again and on after the killies. It is a dashing, slashing, crashing pursuit, and in about half a minute the killies are all gone.

The pickerel—how different! How silent, and yet how sudden! The killie darts in above, darts downward through the water. Not pursued, it slows down and halts in the middle of the tank to rest and to recover its equanimity after its recent disturbing experience of being removed from its home in the live food tank, and sent to a galvanised iron tray, and finally dropped into another tank as food for

another pickerel.

"Good evening, Miss Plitters! How do I expected to be called out of town today, but wasn't, and as I have seats for the theater I thought you might like to go. It is dreadfully late for an invitation, I know, but—"

"It is 90 minutes past 7."

"I will be ready in five minutes."

And she was—Cleveland Plain Dealer.

A Measure of Distance. "How far is it from here to Brushburg?" asked a tourist of an old fellow who was hoeing weeds in a field of shaly corn.

"Waal, it hain't so very far nor so hain't so very long. If you go round by the big road, it's farther nor it is nigh, but if you cut across country it's nigher nor it is farther, if you keep right shaly corn."

"Is it far?"

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TREATING INSOMNIA.

ADVICE TO THE VICTIMS OF A DISTRESSING DISEASE.

An Affliction That is Widespread In This Country—How to Win The "Sleep That Knits Up The Ravelled Sleeve of Care."

Insomnia is a widespread American disease. It afflicts the best brains of this country—lawyers, teachers and other professionals and especially men of affairs whose minds are overtaxed with a multitude of harassing, incessant business details. It is caused by a number of elements of the arteries supplying the red blood to the brain, resulting in an unrelieved pressure on the nerve cells of the gray matter, eventuating in prolonged wakefulness during the night, at a time when they should be allowed to remain quiescent and reorganize the tissue wasted during the active hours of the day.

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