

Excessive Athletics.

Exercise is as necessary for the human body as food and drink. It is impossible to maintain perfect health without it; but it must be taken in moderation, for excess in this respect is as harmful in its way, and sometimes in the same way, as excess in eating. The effect of exercise is to increase the tissue changes in the body. The weaker cells are destroyed and replaced by new and stronger cells, the nutrition is increased, and the waste products are thrown off. If the exercise is carried to extreme lengths it may happen that the waste products are thrown into the system in so great quantity that they cannot be disposed of in the ordinary way, and they accumulate to such an extent that the body is poisoned by its own waste. The result is the same as when an excess of food is taken; and so, exercise, which in moderation tends to counteract the evil of over-eating, in excess only increases the evil. It has always been known that excessive physical labor has a tendency to shorten life, and the attainment of old age is seldom the lot of the laboring man. But the fact is often curiously overlooked that physical labor is physical labor, whether it consists in wielding a pick and shovel or in throwing weights, rowing a boat, running or jumping. The dangers of inordinate devotion to athletics, says Youth's Companion, are that one part of the body, one set of muscles or certain organs, such as the heart, will be developed out of proportion to the other parts. This is especially the case in the young, who have not yet attained their growth. The heart is a patient organ, and when strain is put upon it it quietly increases its bulk and its strength to meet the task. So long as the strain is continued, it works along, but when the call upon it is diminished suddenly, the young man giving up his athletics and taking to a sedentary life, its muscular tissue begins to degenerate. The arteries, under strain, act in the same way, and when the tension is relaxed the condition known as arteriosclerosis develops. The tissues are poorly nourished and the man ages before his time. When devotion to athletics has been excessive, it is only by the greatest care in training down that the athlete can avoid the danger of weakened body and nerves.

Was a Great Teacher.

By the death of Kuno Fischer, Europe loses one of its really great teachers of philosophy. Like Victor Cousin, Fischer paid particular attention to the form of his lectures, which were models of clear and sometimes eloquent exposition. He spoke invariably without notes, and could quote from memory extended passages from the ancient as well as from the modern philosophers. His "History of Modern Philosophy" is remarkable for the precision of its statements and the justice of its criticisms. Although a Hegelian, Fischer never employed the peculiar terms of the school. He was a thoughtful critic of modern literature, and his lectures on Goethe's Faust, on Lessing, and on certain plays of Shakespeare attracted large audiences. A singular episode in his career, relates New York Post, was an acrimonious debate with Trendelenburg of Berlin over an interpretation of the Kantian philosophy. The animosity produced by this dispute was, according to some, the reason why Fischer never went to Berlin, but remained for more than 30 years an ornament to the University of Heidelberg and the foremost citizen of that city.

The death in New York of Prof. Angelo Hellprin deprives the world of a noted scientist. Prof. Hellprin, who was a native of Hungary, came to the United States when an infant and received his education here, rising to special eminence as a geologist, though his versatility was shown by his achievements in other fields. His explorations in various directions added greatly to the sum of human knowledge, and the results were embodied in numerous instructive volumes. One of his most notable achievements was the ascent of Mont Pelee immediately after the great and destructive eruption of that Martinique volcano in 1902. He risked his life in scientific investigation and calmly took notes of the phenomena on the very verge of the blazing crater.

The day is coming, says a prominent architect, when buildings twice as high as the Washington monument will be erected. Then the airship will be a certainty, for necessity, you know, is the mother of invention.

It is always a terrible disappointment when a little boy who has made up his mind to grow quickly in order that he may marry his teacher, finds that she has gone off and married some other fellow.

Possibly the woman who wrote, "The man does not walk whom I would be bothered with," might have stood for one who had a garage full of automobiles.

The Lake of Constance, in Switzerland, is becoming so shallow near Lindau that it may soon be necessary to fill it up with soil for sanitary reasons.

No matter how ugly a man is his wife is always proud of having his children look like him.

IOWA STATE NEWS

Events of Recent Occurrence Throughout the Commonwealth.

BAD MAN IS TAKEN.

Wanted on a Score of Counts for Fraud. Des Moines.—Wanted on the charge of arson, contempt of United States court, obtaining property under false pretenses and a number of smaller charges Max Freeman, whom the detectives have sought for two months, was arrested in a pawn shop at East First and Locust streets by Detective Andrew R. Brackett. Information was filed against him by Mr. Goldman, of the Collins-Hess-Ship company on Court avenue, charging him with obtaining property under false pretenses. The basis of the charge is a failure by Freeman at Eagle Grove a little over one and one-half years ago. He went into business there extensively and bought heavily of wholesale houses. The claim of the local house is said to be \$1,000. In all it is said he has clamored creditors who wish \$25,000. He suddenly failed at Eagle Grove. Involuntary proceedings in bankruptcy were commenced by his creditors. They found little assets and no evidence as to what had become of the goods. The commissioner of the United States district court commanded him to appear and answer questions as to what he had done with the goods or money received. Then Freeman disappeared and a warrant for contempt of court is now held by the United States marshal. Freeman is also wanted by authorities in Michigan for arson, it being claimed he burned his store building there.

DEFENDS HER HUSBAND.

Threatens to Send Five Prominent Men to the Penitentiary. Seymour.—Mrs. LeRoy Ware, wife of the cashier of the Farmers' and Drivers' State Bank of Seymour, has thrown down the gauntlet to her husband's accusers in the statement that she will send five other men to the penitentiary if her husband is convicted of the crime for which he is now under the indictments. Who the five men are and the exact way in which they are implicated, Mrs. Ware refuses to divulge, but in an interview she has given out the statement and says she will stand by it. Mrs. Ware's devotion to her husband is a remarkable example of a wife's love. When the news of a wife's failure became known, her mother, Mrs. Bullard, went to the daughter's home and entreated her to leave her husband and return to the home of her girlhood. The unusual instance of a woman choosing between her mother and her husband was afforded. Mrs. Ware told her mother that she would obey the Biblical injunction to forsake all and cling to her husband, and that she would not listen to such advice. But her statement has the town of Seymour by the ears. The interest which has centered around Roy Ware has shifted to his devoted wife, who now proposes to take the affairs into her own hands.

AUTO THIEVES CAUGHT.

Boys Who Have Stolen Many Machines Are Taken. Des Moines.—The mysterious auto thieves are in the jail. Behind the bars of the city jail are Robert Stevens and B. Moberg, two crestfallen youths, who have confessed to all the recent auto episodes. The arrests were made when the two boys tried to "borrow" another machine. Charles Trisler left his runabout in front of the Baker-Trisler book store on Walnut street. No sooner had he entered the building than the boys began to work about the machine. A lady sitting in an office across the street noticed their suspicious actions and summoned the police. After a sharp run the boys were captured. On Moberg was found the Reo crank and spark plug that have aided the boys in their frolics. In the sweat box the boys broke down and admitted having stolen all the Reo machines that have been taken during the past six weeks, numbering eight in all. They also confessed to having broken into the Whitney garage when that machine was taken. This offense will doubtless get them into the worst of all the troubles. The boys are 20 years of age and reside in Highland Park. They are both students at the Capital City Commercial college, and state that they thought they would have some fun during their school career.

Shot Baby Sister Through Neck.

Waterloo.—While playing with a loaded rifle Willie Murphy of Fairbank accidentally discharged the gun and the bullet struck his four-year-old sister, Agnes, in the neck. Little Agnes was lying in bed at the time and the ball passed through the fleshy part of her neck and came out at the back without touching the vital spots. Although it is early to predict the outcome, the doctor's belief is the child will recover.

Fight Ends in Murder.

Council Bluffs.—Jas. Lankton, who was injured in a fight with James Scheffler, proprietor of the Mahat-gambling house, is dead. Lankton's skull was fractured entirely across the base. He was unconscious but a few moments after being hit. Scheffler is out on cash bail of \$2,000.

Thrown into Fly Wheel; Killed.

Humboldt.—Charles Sherman, an old resident of Rutland township, was accidentally killed at his home by being caught by the belt of a threshing machine and thrown into the fly wheel and horse power.

ELEVEN HURT IN WRECK.

Two Will Die as Result of Accident Near Russell. Russell.—The fast Burlington train No. 6, east bound from Denver to Chicago, was wrecked a mile east of here at 12:40, injuring eleven persons, two of whom may die. The derailment of the front truck of the first mail car was the cause of the wreck, though why the truck went off no one can explain. The wreck is the worst that has occurred on the main line for some time. Almost every seat in the nine cars was occupied and it is considered a miracle that so few were injured. The train was running at a fifty-five mile rate when the front trucks of the first mail car jumped the track, pulling two other cars, the mail car, and the baggage and smoker, completely over after the wreck. Force and forcing five other cars part way over, the dirt at the side of the track alone saving them from turning completely over, for the trucks were smashed up beneath the cars. Two sleepers at the rear of the train and the engine did not leave the track.

A PECULIAR ALLIANCE.

That Made by the Doctors and the W. C. T. U. For the purpose of fighting "patent" medicines the doctors, as represented by the American Medical Association, have made an alliance with the W. C. T. U. who have been deceived into believing that the alcohol in "patent" medicines is a menace. In this alliance the good ladies of the W. C. T. U. are apparently put in the position of dragging chestnuts out of the fire for their allies. There is no class so firmly convinced of the necessity for alcohol in medication as the doctors who, with a few exceptions, not only prescribe it freely but use it, as indeed they must whether they would prefer to or not, as a solvent and preservative. On the other hand the W. C. T. U. contends that the whole medical and pharmaceutical world is in error; that alcohol is not only useless but that it is dangerous and harmful in any quantity in any medicinal preparation. While their principles are so wholly at variance the doctors and the W. C. T. U. ladies have cheerfully allied themselves in a war on "patent" medicines, and the W. C. T. U. is placed in an even more ridiculous position by reason of the fact that the doctors do not confine their fight to those medicines which contain alcohol, but lump all "patent" medicines in one class. And this, too, despite the fact that, according to figures printed in the Journal of the American Medical Association, about 70 per cent of physicians' prescriptions are for "patent" or "proprietary" medicines.

SEVERE FIRE AT DYERSVILLE.

Entire Block in Heart of City Was Destroyed. Dubuque.—Fire in the town of Dyersville, in this county, destroyed an entire block in the heart of the business section, causing a loss of \$50,000 and for a time threatening the entire business part of the place. The fire started in the Hittentmiller livery barn and before it was under control eight buildings were consumed. The losses are: Hittentmiller's saloon, residence and barn, \$2,500; German State bank, \$3,000; Dyerville Commercial \$8,000; Koelker & Drexler store, \$25,000; Dyersville Electric Co., Warehouse, \$3,000; Wm. Mac Hogan monument works, \$2,500; Klingner's photograph gallery, \$800; Buildings owned by the last three owners, owned by the German State bank, \$4,000.

A high wind was blowing when the fire was discovered and the town was threatened with destruction, but the wind moderated and the volunteer firemen soon afterward had the fire under control. The great West end freight depot, the Dyersville mill and the Commercial hotel caught fire from embers blown several blocks by the wind, but these blazes were extinguished before any damage was done. J. H. Hittentmiller was badly burned and others of that family were overcome from fighting the fire. The losses are pretty fully covered by insurance.

GIRL TRIED TO ENLIST.

Sought Entrance at Sioux City Recruiting Office. Sioux City.—Because she loved her brother more than anyone living, and wanted to join him, Ella Deohling, 20 years old, tried to enlist in the navy. She was attired in men's clothes, and balked only when Chief Master at Arms Walter Brown informed her she must strip for a physical examination. To queries of the recruiting officer the girl gave prompt answers. She said her name was Harry Deohling. But when she looked into a private room, big tears welled in her eyes and she told Brown she was an orphan, and since her brother enlisted was lonesome.

RUN OVER BY ENGINE.

W. J. Taylor Has Unique Experience at Creston. Creston.—W. J. Taylor of this city sustained an accident and in his case, what he escaped is more remarkable than what he suffered. He was crossing the switch yards of the Burlington road in this city when he was run over by a switch engine and knocked down squarely on his back and to the horrified crew who witnessed the accident it seemed as if he had gone directly under the engine. Brakes were thrown on and the engine was hastily backed up, when the man picked himself up, shook his clothes and walked off without making any remarks or apparently realizing how near death he had been.

Spills Kerosene on Stove.

Swaledale.—The lighting of a quantity of kerosene oil which had been overturned on a hot stove, resulted in the serious burning of the hands, arms and face of Mrs. J. T. Jenkins, wife of the cashier of the Swaledale bank. The oil ran over her hands and caught fire from the flames on the stove. Fearing to move lest the flames should envelop her face, Mrs. Jenkins stood the terrible pain, while she loudly called for help, which soon arrived. The flames had reached her clothing even then. By the use of rags, the fire was put out. Then burns are very deep and painful.

Negro Full of Shot; Lives.

Ottumwa.—In a shooting affray at Rutledge, Frank Fullwood, colored, is said to have emptied both barrels of a shotgun at another colored man known as "Green Jack" Jones, surprising him from ambush. Fullwood's aim was evidently bad, for Jones, who ran all the way to his boarding house without assistance, after the shooting is but slightly injured, and will recover. Fullwood is still at large.

FLIGHT OF THE FIANCEE.

Unnerved by Dreadful Possibilities of the Future. A wayfarer, jogging along the public highway in pursuit of his own purposes, was run against and knocked over by a wild-eyed youth of frightened mien, who, upon unloading himself from the peregrinator, elucidated his harrowing predicament as follows: "I went over to bank in the smiles of my fiancée and discovered that it was sewing circle afternoon and the sitting-room was invaded by many matrons, both young and serene, and sat me down on the vine-clad porch to await their departure; and to my first indifferent but very presently horrified ears were wafted snatches of their conversation, running something like this: 'The food is liable to disagree with its little stomach, and you must experiment with a variety of milks from different cows, invariably sterilizing it, and try various foods, until you discover exactly the right one. My second had the colic almost every night for six weeks and screamed for hours without intermission. It never slept longer than half an hour at a time and neither my husband or me had a minute's rest, day or night. And then teething set in. Whooping cough followed, and measles, scarlet fever, hives, and—' Then I fled. I don't know where I shall stop and—' 'You are quite excusable, sir,' returned the wayfarer, who had lived long and knew much. 'Pray, don't mention it!'"—Fuck.

STOCK VALUES MELT.

Blump in Wall Street Sends Prices to New Levels. Excitement on Change Market is Utterly Demoralized, the Chief Bear Factor Being the Failure of the Pope Manufacturing Company. New York.—Distrust of the government's attitude toward the corporations, a threatened monetary stringency in all the leading markets of the world and the financial embarrassment of the Pope Manufacturing company combined to demoralize the stock market Wednesday. Prices melted in sensational fashion and the average level of declines was below that reached in the memorable Northern Pacific panic of May, 1901. Stocks were sold lower than ever before in their history. Of the several causes named, the failure of the New England corporation probably excited the greatest amount of apprehension. During the early session of the market there was no hint of coming storm. In fact, it was not until the failure of the Pope company became generally known that the list became unsettled. Then the speculators for a decline, encouraged by their successful attacks on prices during the past fortnight, renewed their attacks, concentrating their forces on the Harriman and Hill issues, Reading, St. Paul, the coppers, American Smelting and the steel stocks. Under vigorous hammering, a great many orders to sell to stop losses were uncovered, and, as usual in times of great excitement, numerous accounts were thrown over and sold for what they would bring.

The downward movement was in full swing in the last half hour, but was halted just before the closing. There were unmistakable signs of enforced liquidation in many stocks, particularly Amalgamated Copper, which came out in enormous quantities. It closed Tuesday at 74 1/2 and went down Wednesday to 66 1/2, a new low record for the year, and closed at 69 1/2. New York Central, which closed at 104 1/2 Tuesday night, fell to 100 1/2, its lowest record for many years. Union Pacific declined nearly seven points, Northern Pacific four points to 115 1/2, and Southern Pacific to 33 1/2. United States Steel scored a net loss of 2 1/2 points.

PEOPLE COMPANIES FAIL.

Receivers Appointed for Big Concern in Several States. New York.—Receivers for the Pope Manufacturing company and its subsidiary company, the Pope Motor Car company, which are engaged in the manufacture of automobiles and bicycles, with main offices and plant at Hartford, Conn., were appointed Wednesday in New York, New Jersey, Connecticut and Massachusetts. Similar action will be taken shortly in Illinois, Ohio, Indiana and Maryland, where the companies own plants.

The petitions filed by the Monus-Kelly company, of Toledo, O., asking for receivers, show the total assets of both companies to be \$11,205,570, with total liabilities reaching \$1,972,826. The difficulties of the Pope companies were the direct result of a curtailment of loans and reduction of loans on notes. Albert Rathbone, counsel for Albert L. Pope, vice president of the Pope Manufacturing company, who has been appointed a receiver in New York, Massachusetts and Connecticut, said that the troubles of the companies were the outcome of the present rigid monetary conditions. Loans were falling due, Mr. Rathbone said, and the company was unable to meet them.

NO LIVES LOST IN TORNADO.

La Crosse, Wis.—Persons unaccounted for after Sunday's tornado, the worst ever experienced at La Crosse, have been located and it is now believed that no lives were lost when the tornado suddenly swept down upon the numerous craft on the river. Many streets are still impassable but large crews are at work and in another 24 hours it is expected that the greater part of the wreckage will have been removed. The damage to churches, factories, residences and crops in this country is conservatively estimated at \$200,000.

Car Kills Bill Nye's Brother.

New York.—Fred Nye, a brother of the late "Bill" Nye and an assistant editor of the Sunday World, died of injuries received by being struck by a trolley car Monday night. Mr. Nye had written many humorous poems and the book of the comic opera, "The King and the Broker."

Bomb for Lord Ashdown.

Clonmel, Ireland.—Lord Ashdown, one of the landlords whose activity in the cattle grazing war has aroused bitter animosity, narrowly escaped death Wednesday morning from the explosion of a bomb which partly destroyed the hunting lodge where he was sleeping. There has been considerable feeling against Lord Ashdown arising from a remark he made in the course of a speech on the cattle grazing war. This remark was: "I would rather have bullocks on my estates than Catholic laborers."

Irrigated Land Opened.

Cheyenne, Wyo.—The Wyoming land board has announced the opening under the Carey act of 150,000 acres of the Eden Valley lands, in Sweetwater and Fremont counties, north of Rock Springs, on the Union Pacific railroad.

Cald MacLean is Set Free.

Tangier.—Cald Sir Harry MacLean has been handed over by his captor, the bandit Raisuli, to the Ekimes tribe, who in their turn set him at liberty.

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ALTON IMMUNITY BATH PASSED UP TO WASHINGTON.

Inquiry Adjourned Until Government Officials Decide Whether Pledge is to Be Kept. Chicago.—Attorney General Lonpart must convince Judge Landis that there can be no prosecution of the Chicago & Alton railway without a violation of good faith on the part of the government before he will stop the investigation of the road's relations with the Standard Oil company of Indiana by a federal grand jury that was organized Wednesday morning. That the attorney general may be given sufficient opportunity to make his showing the grand jury was directed to adjourn until September 3 before examining evidence against the Alton.

This method of proceeding an unusual situation after he ordered an inquiry into the alleged law violations by the Alton railroad was adopted by Judge Landis Wednesday morning and was expressed in his charge to the jurors after they had been given the grand jury oath. What action will be taken by the grand jury when it meets again September 3 will depend entirely, the court indicated, upon the conclusions of the attorney general as to what good faith requires the government to do. He ordered that a transcript of the record in the Standard Oil case showing what evidence the Alton railroad had really contributed to the conviction of the Indiana corporation be sent to the attorney general for examination. If the latter concludes that the railroad has lived up to the promises that obtained for the road assurance of immunity and the official at the head of the department of justice shows the court that no prosecution can proceed without a violation of the immunity agreement, then the Alton will escape and the grand jurors will not make an investigation.

MOORS ATTACK CASABLANCA.

Repulsed by French Guns with Heavy Losses. Tangier.—Four thousand Moors attacked Casablanca Monday, but were repulsed. The tribesmen displayed dauntless courage, charging repeatedly almost to the French guns, but a hail of shrapnel finally drove them back with heavy losses. The fire of the warships in the roadstead was terribly effective on the masses of native horsemen. The French losses were inconceivable.

PARIS.—MINISTER OF FOREIGN AFFAIRS PICHON HAS GIVEN AN INTERVIEW TO THE MATIN WHICH HE SAYS: "THE GOVERNMENT WILL SEND NO MORE TROOPS INTO MOROCCO. ON NO ACCOUNT DO WE INTEND TO EMBARK UPON A WORK OF CONQUEST." THE MATIN PUBLISHES A DISPATCH FROM HIS CORRESPONDENT AT CASABLANCA SAYING THAT THE FIGHTING BETWEEN THE NATIVES AND THE MEN OF GEN. DRUDE'S COMMAND LASTED ALL DAY SATURDAY, BUT QUIETED DOWN SATURDAY NIGHT AND SUNDAY MORNING.

RENEWAL OF THE ATTACK, HOWEVER, IS FEARED, AS ANOTHER BATTAL WITH NUMEROUS REINFORCEMENTS HAS ARRIVED. THE WARSHIPS CONTINUE TO SHELL THE ARAB POSITIONS. THE LAST OF THE FRENCH TROOPS IN PORT, A DETACHMENT OF CAVALRY AND A COMPANY OF ARTILLERY, HAVE BEEN DISMARBED.

The Matin publishes a dispatch from Safi, a seaport on the coast of Morocco, saying that town is surrounded by natives and that the European residents are preparing to defend themselves. The situation at Safi is declared to be critical.

TANGIER.—KAFI SIR HARRY MACLEAN HAS BEEN HANDED OVER BY HIS CAPTOR, THE BANDIT RAISULI, TO THE EKIMES TRIBE, WHO IN THEIR TURN SET HIM AT LIBERTY.

DARING CHICAGO ROBBERY.

Masked Men Rob Cash Drawer of the Hamilton Club. Chicago.—Two hold-up men invaded the Hamilton club at Clark and Monroe streets at 10 o'clock Saturday evening. Although they missed an opportunity of relieving several prominent Republican politicians of their pocket money, they emptied the club's cash drawer and the pockets of its employees. The robbery was daring, but it netted the perpetrators about \$50. After terrifying their victims with revolvers, the robbers forced them into an elevator and ordered the conductor to "shoot it to the top."

THE SHOUTS OF THE FRIGHTENED VICTIMS AS THEY EMERGED FROM THEIR TEMPORARY PRISON INTO THE BILLIARD ROOM OF THE CLUB THREW A DOZEN MEMBERS INTO A PANIC. THE TUMULT THEN GREW SO LOUD THAT IT ATTRACTED THE ATTENTION OF THE POLICE. IN THE MEANTIME THE ROBBERS WALKED LEISURELY ALONG CLARK STREET AND DISAPPEARED AMONG THE CROWDS PASSING IN FRONT OF THE BUILDING.

GAYNOR, CONVICT, IS III.

Macon, Ga.—J. F. Gaynor, convicted with Greene of complicity in the Savannah harbor frauds, is critically ill in jail here. He and Greene are awaiting the outcome of their appeal to the United States supreme court.

NEW JERSEY CONVENTION SEPTEMBER 19.

Trenton, N. J.—The Republican state committee Tuesday fixed upon September 19 as the date for the state convention which will nominate a candidate for governor. The convention will be held in Trenton.

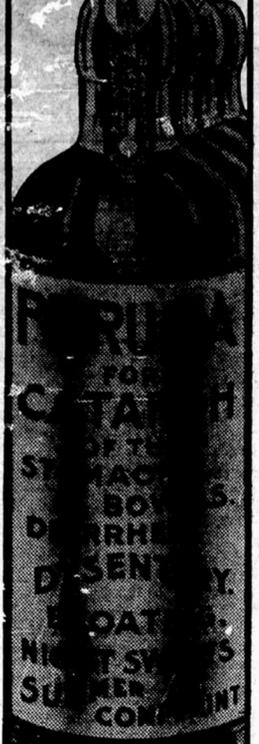
KOREAN DELEGATES SENTENCED.

Seoul.—The Korean supreme court has passed sentence upon the members of the Hague deputation. Yi Sang Sol has been condemned to be hanged and Yi Wi Chow and Yi Chun have been sentenced to imprisonment for life.

LABOR DAY PROCLAMATION.

Oyster Bay, N. Y.—President Roosevelt issued an executive order making Labor day, September 2, a holiday for government employes and labor.

HEALTH NOTES FOR AUGUST.



August is the month of internal catarrh. The mucous membranes, especially of the bowels, are very liable to congestion, causing summer complaint, and catarrh of the bowels and other internal organs. Be-rem is an excellent remedy for all these conditions.

DEPENDS ON THE DOGS.

Asa Goddard, of the American Automobile association, was recounting in Worcester some of his touring adventures. "One summer morning," he said, "the approach of a great flock of sheep obliged me to pull off the narrow country road. I halted my car, and watched with interest the passage of the sheep, the intelligent dogs and the shepherd."

"I had a short talk with the shepherd about his odd and difficult trade. 'Look here,' I said, 'what do you do, driving sheep like this on a narrow road, when you meet another flock coming in the opposite direction?' 'Well,' said the shepherd, 'ye just drive straight on, both of ye, and the one that has the best dogs gets the most sheep.'"

SOCIAL RANK.

At a country dance in a southern town, when the fiddlers had rested their bows and taken their places on the platform, the floor manager rose. "Got yo' partners for a cotillion!" he shouted, imperiously.

"All you ladies an' gemmen dat wears shoes an' stockings take yo' places in de middle ob de room. All you ladies an' gemmen dat wears shoes an' no stockings take yo' places immedjly behin' dem. An' yo' bare-footed crows jest jig it round' in de corners."—Youth's Companion.

A NICE SENTENCE.

"You have a pleasant home and a bright fire, and with happy children sitting around it, haven't you?" said the judge. "Yes, sir," said the prisoner, who thought he saw a way out of the difficulty. "Well," said the judge, "if the happy children sit around the cheerful fire until you return, they will stay there just 42 days."

AN EARLY DISCOVERY.

"Your epigrams and adages show great wisdom," said the dependent. "Yes," answered Marcus Aurelius. "I can't deny that I regard them as something very wise indeed. There is nothing like them for popularizing an administration."

High-Priced Meat

may be a

Blessing

If it gives one the chance to know the tremendous value of a complete change of diet.

Try this for breakfast:

A Little Fruit

A Dish of Grape-Nuts and Cream

A Soft-Boiled Egg

Some Nice, Crisp Toast

Cup of Well-made Portum Food Coffee

That's all, and you feel comfortable and well-fed until lunch.

THEN REPEAT.

And at night have a liberal meal and vegetable dinner, with a Grape-Nuts pudding for dessert.

Such a diet will make a change in your health and strength worth trial.

"There's a Reason."

Read "The Road to Wellville," in pages