LAS VEGAS · · · - NEVADA

LIFE SHORTENED BY WORRY

Scientific Investigation Has Proved the Truth of the Ancient Adage.

Modern science has brought to light than that worry will kill. More remarkable still, it has been able to determine from recent discoveries just how worry does kill.

It is believed by many scientists who have followed carefully the growth of the science of brain diseases that scores of the deaths set down to other causes are due to worry and that alone. The theory is a simple one-so simple that anyone can readily understand it.

Briefly put, it amounts to this: Worry injures beyond repair certain cells of the brain, and the brain being the nutritive center of the body, the other organs become gradually injured, and when some disease of these organs or a combination of them arises death finally ensues.

Thus worry kills. Insidiously, like many other diseases, it creeps upon stant, never-lost idea, and as a dropcells that lead all the rest, which are, so to speak, the commanding officers of mental power, health and motion.

onds with a mechanical precision, York Sun. with never a sign of a stop or the failure of a stroke. Just in this way does the annoying idea, the maddening thought that will not be done away with, strike or fall upon certain nerve cells, never ceasing, diminishing the ten miles' walk a day can only do a vitality of the delicate organisms that are so minute that they can be seen only under the microscope.

Good Hunting.

It was at St. Andrews, in Scotland, stretch away over the moors by the sea, and dear, quiet Aunt Mary had gone up from London to visit a golfaged to stop talking golf long enough to ask: "Well, Aunt Mary, and how did you spend the morning?"

"Oh, I enjoyed myself immensely, my 'ear. I went for a walk on the other nongiving foot and leg killers. moor.

"A good many people seemed to be about, and some of them called out to have three or four pairs of good shoes me in a most eccentric manner. But just for that purpose, so that while I didn't take any notice of them. he is breaking in and softening up a And, oh, my lear, I found such a new pair there are a couple of easy number of c rious little round things! pairs to fall back on. Walking does not hurt the heart, and if there are they are.

Hereupon Aunt Mary opened her hardly ever hurts a man. work bag and produced 24 golf balls. -Youth's Companion.

Revenge for Her Sex.

has shown that the opposite sex has no 1816. monopoly in this sort of business. But prove such condition or by purposes of gain is not made evident.—Chicago Journal.

Judge Didn' See the Pathos.

three days, and a third to buy medi- Glenesk's time it was a drawing room. cine. The pathos of these tales had worked on the court's sympathy. His mood was lenient when Henry Taylor of 19 East Thirty-third street approached the bar,

"I stole the plume so that my wife stylish," he appealed with an appearance of confidence.

"Well, if that doesn't beat-" began the judge. Then he thundered: "One hundred dollars and costs!"

She Understood.

The new cook, who had come into the household during the holidays, asked her mistress:

him round no more."

"My son?" replied the mistress pridefully. "Oh, he has gone back to you see. I miss him dreadfully, though."

"Yas, I knowing yoost how you feel My broder, he ban in yail sax times since T'anksgiving."

Art at a Discount.

"I believe in the cultivation of art among the masses," said Criticus. "Artistic taste, no matter in what walk of life it may be found, is of incalculable value to the possesor."

"Well, I can't see it that way," rejoined Homer. "My wife spent over \$100 on art lessons last year and then she gave me two boxes of cigars se lected by the pictures on the covers

Wonderful Apparatus Invented by Dr. Cranz of the Military Academy of Berlin.

A cinematograph apparatus which akes pictures with intervals of one ive-thousandth of a second has been invented by Dr. Cranz of the Military Academy of Berlin. A striking example of the power of the apparatus thows a bullet fired at a bladder of water that is hung on a string.

The eye only sees a little smoke nothing more curiously interesting rom the pistol and a couple of holes n the bladder, from which the water runs; but when this is cinematographed and the film is shown slowly wery interesting series of operations an be watched.

First the bullet is seen approaching. It is traveling 1,000 feet a second, but It seems to move quite deliberately in front of it and extending a long way above and below it is a dim line, bent sharply immediately before the bullet. A bullet can no more pass through air than a vessel can through water without making a wave; and his is the air wave. It is made visible on account of its different density, lust as the waves in air are seen above a chimney or over hot ground.

Behind the bullet come scattered grains of the powder that have not been burned, and traveling more slowthe brain in the form of a single, con- y still comes the wad. The bullet eners the bladder and disappears inping of water over a period of years lide, a little water spurting out of the will wear a groove in the stone, so lole it makes. Then it reaches the does worry gradually, imperceptibly other side, but it no longer cuts and no less surely destroy the brain hrough at once, as it did when the bladder was backed up by the water.

Something like a finger seems to oush the bladder outward into a long It is as if the skull were laid bare :ube, then the tube opens and lets out and the surface of the brain struck the bullet, which gradually travels lightly with a hammer every few sec- tway.-London correspondence New

Walking Safe and Sane.

Taking it for granted that your heart is sound and normal, eight or young man good; is the safest, sanest, best of all exercises, especially if the walker uses his powers of observation and thought on the way to cheer up and freshen brain, heart, appetite and nervous system. Forced long tramps for the mere glory of the thing are the home of golf, where the links N. G.; are sometimes positively injurious. Walking should always take the form of a gay excursion, and not a stunt-where possible. Such walks ing family of nephews and nieces. At are unusual these days, but long ago tea the first afternoon some one man- were everyday affairs, like hunting and sparking. One thing today is different; the roads are much harder; you know, in the old days there were no asphalt streets, gravel roads or Every man ought to take one or two long walks a week and he ought to no baggy veins or vein bags, walking

Where Lord Byron Lived.

The late Lord Glenesk's house in Many men make a business of mar- Piccadilly, London, England, which is rying women, securing their money up for sale, has had several notable and then deserting them. One woman occupants, but none more notable in New England has taken it upon her- than Lord Byron. Most of his brief self to avenge the wrongs of her sex and tempestuous married life was in this line. This woman, who is de- passed there, his daughter, Lady scribed as "young, handsome and win- Lovelace, was born there, he was livning," is charged with having "fitted" ing there when he parted from his from one military post to another, wife forever and in the library at the making her choice from the eligible back of the house overlooking the young officers, captivating them, be stables-Lord Glenesk also used it as coming the bride of each in turn, se- his library-he wrote "The Siege of curing all the money possible from Corinth." The apartment remains tures of the expedition. The classifieach and then "flitting" again. She pretty much the same as it was in

There are several memorials of the whether she is actuated by desire to poet in the house. His bust stands in a recess in the overmantel of the entrance hall. There is an oil painting of him framed by the overmantel of the library and the secret stairs in the lobby at the back of the morning Judge Newcomer, says a Chicago room are said to have been used by dispatch to the Kansas City Times, him as a means of gaining access unhad been listening today to the pleas observed through the still existing of shoplifters. One had stolen to trapdoor to the room above. He used, clothe his wife and baby, another be- it is said, the latter room as a bedcause his children had not eaten in chamber, though in Lord and Lady

Traveling Man's Tale.

"I had a strange experience with an intoxicated man in a telegraph office down state the other day," says a travcould go to the motor show and look eling man. "Was in a hurry to send a message myself, but this fellow was faloes, leopards and many other speleaning against the receiver's window as if he was camped there for the night. He muttered a lot of fool stuff to the man behind the screen, but I couldn't hear what it was. Finally I got impatient and shoved my message over his shoulder. At the same time I saw the scrawl this souse was endeavoring to get on the wire. It was "Where ban your son? I not seeing addressed to somebody in New Or-

"He fumbled in his pocket, produced 62 cents in small change, and Yale. He could only get away long started away. 'Hold on,' the clerk enough to stay until New Year's day, said; 'this isn't enough. It will cost you \$1.40 to send this to New Or-

leans.' "'A' right, o' man,' waved the inebriate airily. 'That's all I got with me right now. Just send it as far as you can f'r th' money!'"

Let Carnegie Pin a Medal. "Chuggins is fearfully selfish since he got that new motor car," said the

critical friend. "In what way?" "Every time he honks to warn a pe destrian he thinks he ought to have s life saving medal."

THIE HIEART



WANGILIMA OARSMEN

previous years since Ptolemy taken Karimbissi, in the mountainous volspeaking, commences the era of un- lowers, suddenly assailed by a violent ceasing endeavors to explore the in- storm of hail, followed by a furious terior. The explorations of the latter snowstorm. The temperature sank to half of the nineteenth century, actu- zero, and the natives, already much ated as they were by diverse motives, reduced by seven days' exposure on are full of interest and have resulted in giving the world a great if not en- life and sank exhausted. In spite of tirely complete knowledge of this the exertions of their leader, 20 of vast continent.

After perusing the scores of books under a tropical sun!" on exploration, travel and sport in Africa issued during the last dozen years, for the most part mere shooting trips, illustrated by indifferent photographs, "In the Heart of Africa," height, some reaching 180 feet, while by Duke Adolphus Frederick of Meck- underneath there is a thick growth of lenburg, is something of a relief. It bushes and vines. Innumerable inis the record of an expedition under- sects swarm everywhere. Birds of taken during the years 1907-1908 for many varieties inhabit the trees, while the purpose of conducting a systemat- wild animals, all manner of reptiles, ic investigation of the German East lemurs, chimpanzees, and babboons African protectorate, the Central African Rift valley, in its expansion cesses. Added to these are the varifrom Lake Kiwu to Lake Albert Ny- ous tribes of the forest, among them anza, and finally the northeastern confines of the Congo State. The expedition was completed by the crossing enemies as well as their game with of Africa to the West Coast. This im- poisoned arrows. Many of Stanleys portant undertaking was aided financially and in other ways by the German colonial office, the German Co- concealed in the pathway, upon which lonial company, the Royal Prussian they would tread. The whole region Academy of Sciences, and the Museum of Folklore, Berlin. The vast collections gathered were exhibited publicly in Berlin last year, and were in Africa that is now absolutely unafterwards made over to German museums and other scientific institutions.

The results obtained were astonishing in quantity and importance. Vast districts were carefully surveyed and mapped, including the wonderful volcanic regions beginning at the northern point of Lake Kiwu; geological explorations were zealously and scientifically conducted, and the botanical spoils comprised no less than 3,466 specimens, among which hundreds quite new to science were discovered. The zoological work was done with the usual German thoroughness; 834 mammals, 800 birds, 173 reptiles, 708 fishes, 204 amphibious animals, 686 molluscs, 1,452 decapods, 7,603 insects, 1,181 arachidnae—these are only a portion of the amazing capcation of these specimens, which include a great number of new forms, will be the work of some years. A considerable number of new vertebrates are included in the collection. From the ethnographical-anthropological point of view, Duke Adolf of Mecklenburg's expedition is one of the most important that has ever conducted an exploration in Africa. No less than 1,017 skulls and about 4,000 ethnographica were collected; 4,500 natives were measured; among the five thousand-odd photographs taken, 700 are of curious and important races of savages. Eighty-seven phonograms and 37 languages were also re-

It is an extraordinary record, abounding in picturesque incident and many dangers, and lightened here and there by descriptions of the successful chase of elephants, lions, bufcies of big game. One of the finest elephants secured by the duke-shot on the Semliki river-carried tusks weighing 98 and 94 pounds apiece, and measuring 8 feet 31/2 inches and 8 feet 2% inches respectively. This mighty elephant was nearly ending the career of the author and one of his native boys, who were caught by the wounded beast while stuck fast in some swampy ground. The boy was actually twice tossed by the monster, but, thanks to the desperate wounds sustained by the beast, managed to escape with his life. In the haunts of Africa Propria. the okapi the duke and his companions soon discovered that it is almost an impossibility for a European to get within shot of these shy and furtive creatures, amid the unfathomable tangle of the Semliki forest. Mainly owing to the exertions of the Wammanaged to secure the skins, with the skeletons complete, of four examples, which appear to have been the first brought home by any German expedition. Some new species of antelope were also secured in this forest re-

URING the last seventy-five | The expedition was, as may be supyears more has been done to posed, not invariably free from dismake us acquainted with the aster, during its two years of explorageography of Africa than tion. Herr Kirschtein, one of the during the whole of the 1,700 duke's lieutenants, while collecting on together. With Mungo Park, strictly canic region, was, with his native folthese heights, gave up the contest for them lay dead next morning "frozen

> The great African forests are scarcely ever pentrated by the sun. The trees comprise almost every variety of wood, grow to an enormous make their homes in the dark rethe dwarfs, the most vicious and degraded of beings. They slay their men fell victims to their poisoned arrows, or to poisoned skewers, deftly reeks with disaster and death.

> The expeditions of Stanley and Livingstone leaves little to be discovered known. All that remains to be done is detail, in the way of accurate measurements and observations.

> The origin and meaning of the name of this great continent has been a fertile subject for conjecture among phil-



Pair of Watussi.

ologists and antiquaries. By the churches nowadays, and the elegant Greeks it was called Libya, and by the Romans, Africa.

With respect to the word Africa Suldas tells us that it was the proper name of that great city which the Romans called Carthago, and the Greeks, Karchedon. It is certain, at least, that it was applied originally to the country in the immediate neighborhood of Carthage, that part of the continent first known to the Romans, and that it was subsequently extended with their increasing knowledge, till it came at last to include the whole continent. Of the meaning of the name, the language of Carthage itself supplies a simple and natural explanation; the word Afrygah, signifying a separate establishment, or in other words a colony, as Carthage was of Tyre. So that the Phoenicians of old, at home, may have spoken of their Afrygah, just as we speak of our colonies. Be that as it may, the Arabs of the present day still give the name of Afrygah or Afrikiyah to the territory of Tunis. It may also be re marked that the name seems not to have been used by the Romans till after the time of the first Punic war, when they became first acquainted with what they afterwards called

JAMES BUCHMAN,

Glad to See Arnold. Matthew Arnold was sitting in his study one morning when the butler showed in an American lady and a small boy. The lady said,—'Glad to butti hunters, spurred on by dazzling make your acquaintance, Mr. Arnold, rewards of baksheesh, the expedition I have often heard of you. No, don't trouble to speak, sir! I know how valuable your time is!' Then turning to the boy she said,-'This is him, Lenny, the leading critic and poet. Somewhat fleshier than we had been led to expect."-A. C. Benson, in the Atlantic.

Man Returning to Native Town, Saying Everybody Looked Older, is Given Hard Jolt.

"I'm mighty glad to meet you gain," he said. "Do you realize that t is nearly eight years since I left his town?"

"Oh," she replied, "is it as long as hat? I suppose you wouldn't care to return here to live, would you?" "No. I'm afraid it would seem prety dull, after living in a big city. There hasn't been much change here. Everybody that I used to know is older looking-that's about all."

"Yes, I have no doubt that you noice it much more than we do." eel an hour older than I did on the

lay I left." "Really? That reminds me of my ion't you? Up to the very day of his open book throughout Spain.

leath, when he was nearly 90, and looked it, he kept saying he felt like colt."

What She Was.

husband's second wife? he was?

several people say he had been mar- his home, it now transpires, have been ried before.

Ellenbert-He has been married beore, but that doesn't make the pres. On one of these trips Alfonso reent Mrs. Smith his second wife; he mained in Paris for nearly three has been married twice before.

Explained.

Teacher (to new scholar)—How does happen that your name is Allen and your mother's name is Brown? Little Lad (after a moment's

hought)-Well, you see, it's this way. her queenship and returning to Eng-She married again and I didn't .- Wom- land. The first was soon after their an's Home Companion.

Had His Approval. "That's the stuff! Got a gun?"

"I was thinking of the world."

AFTER THE PROPOSAL.



Miss Pickles-Your assurance is be rond description. I simply can't exoress my feelings.

you mail them?

postal laws to mail what I think of Saginaw, in that year, could be picked

Too Easy.

down from father to son. Can you mention some familiar tradition?" "Yes'm," promptly answered little Tommy Goodman; "my clothes are

traditions." will remain half an hour after school Saginaw County bank of Lower Sagis dismissed."

Times Have Changed.

Throgsons. They're as poor as church mice.

Sister Widgeon-Oh, but church mice aren't poor any more. Think of other notes, was en route by stage to the basement kitchens we have in our the bank just being organized when suppers we sometimes have in the lec blank were taken. ture rooms!

Fashion's Rule.

Chopin," said the artistic young wom-

"Indeed!" replied Mrs. Cumrox. "Of course, those French dressmakers other batch of money could be secured know what they are about. But 1 from the printers. thought polonaises were out of style."

How Rumors Start.

hobble skirts."

that I can trust you.

"What's this about sewing your unfortunate wives in sacks?" "Nothing to it," replied the sultan, emphatically. "I did get 'em some

Not Unusual. "He has more money than he can spend."

"That is unusual."

"Not so very. His wife insists on spending it for him." Naming No Names. She-I have an instinctive feeling

He (earnestly)-Ah, my darling would that some others felt that way! Weather Happenings.

"I notice Mrs. Jollaby has a fine new diamond sunburst." "Humph! Her husband must have had a windfall."

Her Style. "My cook is very economical in little hings. For example, she never uses nutmeg for flavoring." "I should call that a grate saving."

Feminine Mathematics. "That girl's counting for a husband

went all wrong." "But consider: it was merely a miss

REMINDED HER OF GRANDPA QUEEN MAY QUIT KING

VICTORIA SAID TO BE DISGUSTED WITH ALFONSO.

Young Spanish Monarch is Declared Going the Pace That May Eventually Put Him in Manuel's

Plight.

Madrid, Spain.-Grown tired at last of the openness of King Alfonso's neglect of her, Queen Victoria has, it is said, decided to return to her home in England for an indefinite stay. From confidential court sources it is "Very likely. As for myself, I don't learned that the queen's visit will virtually amount to a royal separation, as she has declared that she cannot longer tolerate the insults of the king, grandfather. You remember him, whose treatment of her is now an

During his prolonged visit in Paris, Alfonso's movements were such that the Paris police were driven nearly frantic in their efforts to guard him and keep his identity unknown. Al-Mrs. Ellenbert-Is Mrs. Smith her fonso's frequent incognito trips to Paris, knowledge of which the cabinet Ellenbert-No; why did you think tried hard to suppress by official announcements that the king was spend-Mrs. Ellenbert-Why, I have heard ing a few days in the retirement of nothing more than flagrant escapades in the gay life of the French capital. months, although the official time of his stay was announced as only a few days. English detectives had a similar experience on Alfonso's last visit to England.

This is the third time that Victoria has been on the verge of renouncing honeymoon, when there were authoritative stories of violent differences between the royal pair. The second was "I've a good mind to shoot myself." during the Catalan revolt in 1909, when the British government sent spe-"Then you think I would be better cial emissaries to Madrid to investigate the situation and kept secret service agents in readiness to assist in the contemplated flight.

All stories that the marriage of Alfonso and Victoria, in May, 1906, was the culmination of a real love affair have long since been wholly disproved. In their place is the hard, cold fact that the marriage, like most of the other royal unions of Europe, was arranged purely for political purposes. Alfonso never disguised his dislike of the heavy Anglo-Saxon type of his wife and the latter was less backward in showing her displeasure with most of the qualities possessed by Alfonso.

WILDCAT NOTE HAS HISTORY

Bill Stolen by Stage Robber in Wolverine State in 1836 is Found in London Street.

Bay City, Mich.-From "Lower Saginaw" in 1836 to Whitechapel road, Mr. Dill-Er-In that case couldn't London, in 1910, is a far cry and just now an old "wildcat" note, issued by Miss Pickles - It's against the the Saginaw County bank of Lower up nearly three-quarters of a century later on a busy London thoroughfare is a mystery which is only partly "A tradition," explained the teacher, solved by a letter received in the local is something that has been handed postoffice a few days ago and turned over to M. M. Andrews, cashier of the

Old Second National bank. The letter came from William Roger Miller, who gives his address as Houseditch, E. C., London, and is ad-"That's too threadbare, Tommy; you dressed to the "Managing Director, inaw."

The letter states that the writer found the note along the Whitechapel Sister Blenkiron—Yes, I know the road and being of no value without a signature he forwarded it for the same.

> The note, with a large amount of the stage was robbed and the notes in

Much of this stolen paper, even though absolutely worthless without the indorsement of the bank, was put "I do so admire that polonaise by into circulation, no doubt, and this note is probably one of them. The bank never did business, as the period of "wildcat" banks was over before an-

> The bill received from Mr. Miller is so far as known the only one of the kind now in existence, and Cashier Andrews values it highly as a souvenir. He will correspond with the finder, who will undoubtedly be suitably rewarded for his trouble.

Tooth Brushing Law Asked.

Lynn, Mass.—If an order now before the school board is passed by the city government, all public school pupils will be obliged to brush their teeth on arriving at school each morn-

All He Could Carry.

An Atlanta man not long ago met a darky who was cliving a horse so thin that it staggered as it walked. "Why don't you put more flesh on that nag?" indignantly demanded the Atlantan. 'Scuse me, boss," replied the driver. "But I's doin' de best I kin. Cain't yo see, boss, dat po' hoss kin hardly carry what little flesh he's got on him now?"

Happy Thought. Father—"My colleague is the most insatiable man I ever saw. He wants everything he sees." Mother-"Can't you introduce one of our daughters to him?"

Points of View Differ. In Finland the women consider a kiss on the lips as the greatest insult, even from their own husbands.