

use in Egypt for more than five thousand years. He claimed that it was used in the preparation of the harder instruments used in building the pyramids, thus showing that the early Egyptians knew how to temper iron.

The Greeks coined iron, and in the time of Homer it was used for axes and plow shares. Pliny mentioned the undesirable properties of impure iron, which we now call brittleness. Its capability of becoming magnetized when brought in contact with the magnetic stone was also known.

Lead was also known in very early times. The Greeks and the Romans, especially, turned it to good account in making water pipes, writing tablets and coins. Soldering with lead or with an alloy of lead and tin was also made use of. Lead was used for making cooking vessels, and the symptoms of lead poisoning occurred frequently; notwithstanding this, the metal was often used as a medicine.

Tin also found extensive use in olden times. Recent discoveries in the Egyptian tombs show that it was prepared fairly pure at an early date. Among the Romans lead and tin were distinguished from one another as plumbum nigrum and plumbum candidum.

**WHAT MEDICAL SCIENCE TEACHES ABOUT DRINKING.**

**Views of Leading American Doctors as to effects of Whiskey on Health.**

Perhaps the most startling indictment of alcoholic drinks ever made was that registered against them by a convention of eminent doctors and scientists meeting in Washington City not long ago as "The American Society for the Study of Alcoholic and Drug Narcotics." With remarkable unanimity they declared that the old ideas of whiskey as a medicine have been exploded; that its use in the treatment of disease must be almost wholly abandoned. It brings out hidden weaknesses and develops latent maladies; it is especially dangerous when used by persons suffering from any nervous weakness, "and by lowering the vitality and destroying the combative forces of the blood" it makes it harder to resist all kinds of disease. Superintendent Burton, of the Sterling-Worth Sanitarium, declared that "the use of spirits is followed by shortened life, increasing (premature) age, and diminished vitality; alcohol in any form can never prolong life;" while Dr. B. C. Keister, of the Roanoke Home Sanitarium, declares:

"Theories held a few years ago as correct are now found to be erroneous. Alcohol, like every drug in common use, is found by science to be useless except as a narcotic. \* \* Alcohol as a beverage is a relic of barbarous times."

Dr. Henry Marcy, ex-president of the American Medical Association, laid especial emphasis on the use of whiskey as a cause of degeneracy "among the colored and illiterate classes of the south," and a number of eminent doctors joined in urging the necessity of providing hospitals for the especial treatment of inebriates and drunkards. Dr. H. J. Achard, a tuberculosis specialist, especially attacked the old idea of whiskey being useful in lung trouble, and reported statistics showing that of suspected consumptives treated with alcohol, 90 per cent. died, while of those treated without al-

cohol, only 25 per cent. died. "In some cases the direct action of alcohol predisposes and encourages tuberculosis," he declared.—Selected.

**An Expert's Conviction—Alcohol the Arch Enemy to Good Health.**

Dr. Henry Smith Williams, one of the best known American authorities on the effects of alcohol after exhaustive investigation in this country and Europe, presents the following as his conclusions:

"So I am bound to believe, on the evidence, that if you take alcohol habitually, in any quantity whatever, it is to some extent a menace to you. I am bound to believe, in the light of what science has revealed:

(1) "That you are tangibly threatening the physical structures of your stomach, your liver, your kidneys, your heart, your blood vessels, your nerves, your brain.

(2) "That you are unequivocally decreasing your capacity for work in any field, be it physical, intellectual, or artistic.

(3) "That you are in some measure lowering the grade of your mind, dulling your higher esthetic sense, and taking the finer edge off your morals.

(4) "That you are distinctly lessening your chances of maintaining health and attaining longevity.

(5) "That you are entailing upon your descendants yet unborn a bond of incalculable misery."

**Diplomacy.**

The late Lord Salisbury was very careful not to confer too much authority on young men in the diplomatic circles. On one occasion—according to London Tid-Bits—he sent a foreign office emissary to make some demands of the — republic. Before setting out, the emissary, to whom his lordship had explained the exact nature of the demands, desired to be informed as to the course to take if, after he had said everything, there was a refusal.

"Oh," answered Lord Salisbury, "this is not a matter in which we have the least thought of fighting. If the President refuses, why, you will simply have to come home again."

The emissary went and had his say to the President of —, who blankly refused to give in; and the diplomat retired to think things over.

A few hours after he wrote to the President:

"I regret that your Excellency does not see your way clear to recognize the justness of the claims which I have had the honor to present. I have now to say, on behalf of Her Britannic Majesty's government, that unless your Excellency yields on all points which I have named, it will be my painful duty to act on the second half of my instructions."

Under this vague and significant threat the President yielded at once.—Judge.

**PERFECTLY WELCOME.**

Night was approaching and the rain was coming down faster. The traveler dismounted from his horse and rapped at the door of the one farm-house he had struck in a five-mile stretch of traveling. No one came to the door. As he stood on the doorstep the water from the eaves trickled down his collar. He rapped again. Still no answer. He could feel

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the stream of water coursing down his back. Another spell of pounding, and finally the red head of a lad of twelve was stuck out of the second story.

"Watcher want?" it asked.

"I want to know if I can stay here overnight," the traveler answered testily.

The red-headed lad watched the man for a minute or two before answering.

"Ye kin for all of me," he finally answered, and then closed the window.—Lippincott's.

boys of a boys' home for an annual display given by them. A dozen of the boys will mount chairs at the same time and keep them in balance at the word of the commanding officer.

**His Plan**

To dodge his creditors required Such vigilance and vim.

A motor car he went and hired, And now they're dodging him!

—Lippincott's.

**The Only One Lacking.**

"Why are you sure there is no such thing as a fourth dimension?"

Because," replied the discouraged fat man, "If there was I'd have it."—Ladies' Home Journal.

Remember well, but forget easily; hold on to all good, and let the evil pass quickly from you.—Life Lines.

**Feat of Balancing Chairs.**

Among the numerous physical exercises is the feat of balancing on the two rear legs of a chair while one foot rests on the front part of the seat and the other on the back of the chair. This may appear a hard thing to do, yet with a little practice it may be accomplished. The exercise is one of many practiced by the