

Pains in the Back

Are symptoms of a weak, torpid or stagnant condition of the kidneys or liver, and are a warning it is extremely hazardous to neglect, so important is a healthy action of these organs. They are commonly attended by loss of energy, lack of courage, and sometimes by gloomy foreboding and despondency.

"I had pains in my back, could not sleep and when I got up in the morning felt worse than the night before. I began taking Hood's Sarsaparilla and now I can sleep and get up feeling rested and able to do my work. I attribute my cure entirely to Hood's Sarsaparilla." Mrs. J. N. Penny, care H. S. Copleland, Pine Road, Ala.

Hood's Sarsaparilla and Pills

Cure kidney and liver troubles, relieve the back, and build up the whole system.

To the Public!

Having leased for three years the Mt. Airy Iron and Woodworking Plant, belonging to the late John E. Spangh, I solicit the patronage of those desiring machinery repaired, any kind of casting or foundry work, sawing and dressing lumber, grinding wheat and corn. This lease will not interfere with my work at Tumbling Rock. Will begin there as soon as the siding is in.

R. K. Marshall.

Notice to Bark Peelers.

Our price for No. 1 Chestnut Oak Bark for the season of 1904 will be \$8.00 per cord. As an inducement for an early peel and delivery, we will pay a

Premium of \$1.00 PER CORD

for all No. 1 Chestnut Oak Bark, delivered at our sheds before July 1st, 1904.

All parties interested are invited to call at our office.

Yours truly,
C. C. Smoot & Sons Co.
Mt. Airy, N. C.

SAFE.

Do you want to buy a safe? I have a safe on the way from Cary Safe Co., Buffalo, N. Y., 17 inches high, 12 inches inside, 11 inches deep, which I will sell for \$90.00. The catalogue price \$150.00. The Cary Safe stood the test in the Baltimore fire while others were destroyed. Apply to Jos. Aden, city.

SOCIETY WRECKED HER LIFE.

A Pretty New York Woman's Recovery the Talk of Her Numerous Friends.



Mrs. J. E. Finn, 83 East High street, Buffalo, N. Y., writes: "Peruna Medicine Co., Columbus, Ohio, Gentlemen—A few years ago I had to give up social life entirely, as my health was completely broken down. The doctor advised a complete rest for a year. As this was out of the question for a time, I began to look for some other means of restoring my health. "I had often heard of Peruna as an excellent tonic, so I bought a bottle to see what it would do for me, and it certainly took hold of my system and rejuvenated me, and in less than two months I was in perfect health, and now when I feel worn out and tired a dose or two of Peruna is all that I need."—Mrs. J. E. Finn.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, O., for free advice.

ECZEMA, Old Sores, Itching Piles, Skin Diseases, ABSOLUTELY CURED. HERMIT SALVE, 25 AND 50 CENTS A BOX. Sold by all Druggists. Take no other. One Family Remedy 25 years.

PARKER'S HAIR BALSAM

Prevents the hair from falling out. Keeps the scalp cool and moist. Makes the hair grow thick and glossy. Sold by all Druggists.

Amusing Experience Can This be True? Rev. J. Robt. Moose

A DRUMMER'S CODE EXCITES THE CURIOSITY OF THE TELE-GRAPHER. PROMINENT PHYSICIAN OPPOSES THE LONG DRESS WORN BY LADIES.

Many a traveling salesman has a private code which he uses to telegraph to his friends. Mr. Frank M. Ellerbrook, 1921 East Pratt Street, who is a traveling salesman for a large oyster-packing house of this city, has a code that excites consternation among the telegraph clerks in a small town recently. For the various grades of canned oysters he uses names of wild and domestic animals, such as elephants, zebras, goats, dogs and tules. For bulk goods he uses the words stars, sun, moon and planets. Not very long ago, in a small town in the Middle West, Mr. Ellerbrook walked into the telegraph office and presented to the clerk a message which read as follows:

Express to-night 50 elephants, 50 zebras, 25 goats, 10 mules, 10 stars, 20 planets.

The clerk read the message and, thinking perhaps that he had a harmless lunatic to deal with, stuck the message on a file and, turning to Mr. Ellerbrook, said in a patronizing tone:

"All right, sir; I'll send this in the morning."

"Send nothing in the morning!" replied Mr. Ellerbrook. "I want that message to go off right away." The line is busy now, but that will be all right. Just come around in the morning and I'll fix it up," was the reply.

Mr. Ellerbrook, not for an instant realizing what the extraordinary words on the message caused the clerk to think, asked for the manager. But before the manager came to the window the clerk drew him aside, and the two had a consultation, at the termination of which the manager said:

"Oh, well; if he has the money, send the message. It won't do us any harm."

The manager then came to the window and, picking up the telegram, said: "This telegram will cost you \$1.35."

That made Mr. Ellerbrook a trifle angry. He replied that he didn't ask that question, and with that he put the money on the counter. The manager's curiosity was aroused, and as Mr. Ellerbrook was leaving he called him back and said: "You must pardon me, but I didn't know there was a circus coming to town."

Then Mr. Ellerbrook explained that he was sending a code message. The telegram was sent, and the manager insisted on paying for it.

Bishop Hendrix for Peace.

A standing army is a necessary evil like a constabulary, or police force.

A great standing army, especially in a republic, is a menace to the liberties of the people. More than once in France it has meant the subversion of their liberties, whether civil or religious. Under the best discipline army life is demoralizing whether in times of peace or war. Men withdrawn for a term of years from commercial and industrial pursuits not only cease to be producers but soon forget the very arts which make producers. Retired soldiers from the regular army are usually unfit for anything but unskilled labor, and with such an aversion to that as often to be useless to their employers who may be moved by sentiment to give them work. London can tell the story of the countless discharged soldiers or "Redcoats" whom General Booth encountered as he began his Christian Mission to which he finally gave the name "Salvation Army" in order to appeal to the military instinct in men where every other instinct was long dead. His industrial colonies were undertaken to remove them from the vices so common to men whose idle hours in barracks and camp are usually spent in gambling, or worse.

General Sheridan shocked the sensibilities of many patriots when he declared that an Old Soldier's Home should not be located near a great fort with its regiments of regulars. He knew too well the habits of even veterans to consent to have his army exposed to the same vices no longer controlled. We breathed easier when our regular army was reduced after the campaign in the Philippines, when we knew what vices were undermining the health and morals of thousands of our young men in another hemisphere. May we expose as few as possible to such evils of army life! Our own land, with its self-reliant manhood quick to respond in time of national peril, can be depended on to furnish an additional armed force besides our moderate sized regular army without invoking all the evils which come of large standing forces such as cursed the assembled troops at Mission Ridge waiting for orders during our war with Spain. The Hague Tribunal is better than a standing army of a million men to such a nation as America, the peace-keeper of the world.

Can This be True? Rev. J. Robt. Moose

A METHODIST MISSIONARY IN KOREA WHO WRITES ABOUT THE WAR. TEMPERATURE AT BAH-RIN MANY DEGREES HOTTER THAN IN CALIFORNIA.

Rev. J. R. Moose, who was pastor of Burkhead M. E. Church for two years, ten years ago, has been doing missionary work in Korea for five years. He is now presiding elder of the Korea District.

In a personal letter to Rev. Harold Turner, present pastor of Burkhead church, Mr. Moose has this to say about the war now going on between Japan and Russia:

"Well, you would like to hear of the war and I would like to tell you if I knew anything to tell, but that is where the rub comes in. We know that the Japanese have put the Russian fleet out of business, or at least the greater part of it, with very little damage to their own fleet or men. They have been landing many thousands of soldiers in this country, many of them passing through this city and marching north where the land fighting will probably be on in good earnest before this reaches you."

It is to be devoutly hoped that the Japanese will be successful on land as they have been on sea. This means much for the cause of Christ in Korea, as well as for the peace of the Far East. If the Russians gain the victory it will be a great blow to all missionary work in North China and Korea.

All of our missionaries are safe from danger at present and as long as the Japanese are successful we have nothing to fear for ourselves. The work is more or less disturbed by the moving of soldiers and we shall not be able to do so much country work as if they were not here. We trust, however, that the coming of the Japanese will come new ideas and new inspiration for this poor, down-trodden people. There is perhaps not a nation on earth to-day that is so poorly governed as this land of Korea. So with these facts in view we cannot but feel that the coming of the Japanese will mean much for the betterment of the people.

The King of Korea lives for himself and he thinks that the people, government and all is for his special benefit. He seems never to have a thought about the people except as he wishes to 'squeeze' them a little more and a little harder. If it were only the King that thinks like this it would not be so bad, but the fact is that all of the ruling class thinks as the King does. Of this gentle man class there are many and the sole object of their living seems to be to 'squeeze' the common people. They will not work, they would sooner starve, but to hold office and skin the common people is their delight. The Japanese have arrived at a stage somewhat in advance of this and will bring in such reforms as will be a blessing to the people and let them know that there are at least a few rights for the common folk."—Winston Sentinel.

When You Can't Sleep.

When we are kept awake from our fatigue the first thing to do is to say over and over to ourselves that we do not care whether we go to sleep or not, in order to imbue ourselves with a healthy indifference about it. It will help toward gaining this wholesome indifference to say: "I am too tired to sleep, and therefore the first thing for me to do is to get rested in order to prepare for sleep. When my brain is well rested it will go to sleep; it cannot help it. When it is well rested it will sleep just as naturally as my lungs breathe or as my heart beats."

Another thing to remember—and it is very important—is that an overtaxed brain needs more than the usual nourishment. If you have been awake for an hour and it is three hours after your last meal take half a cup or a cup of hot milk. If you are awake for another two hours take half a cup more, and so, at intervals of about two hours, so long as you are awake throughout the night. Hot milk is nourishing and a sedative. It is not inconceivable to have milk by the side of one's bed, and a little saucerpan and a spirit lamp—Leslie's Weekly.

CLIMATIC CURES.

The influence of climatic conditions in the cure of consumption is very much over-rated. The poor patient, and the rich patient, too, can do much better at home by proper attention to food digestion, and a regular use of German Syrup. Free expectoration in the morning is made certain by German Syrup, so is a good night's rest and the absence of that weakening cough and debilitating night sweat. Restless nights and the exhaustion due to coughing, the greatest danger and dread of the consumptive, can be prevented or stopped by taking German Syrup liberally and regularly. Should you be able to go to a warmer climate, you will find that of the thousands of consumptives there, the few who are benefited and regain strength are those who use German Syrup. Trial bottles, 25c; regular size, 75c. L. W. West, Druggist.

The Value of Expert Treatment.

Everyone who is afflicted with a chronic disease experiences great difficulty in having their case intelligently treated by the average physician. These diseases can only be cured by a specialist who understands them thoroughly. Dr. J. Newton Hathaway of Atlanta, Ga., is acknowledged the most skillful and successful specialist in the United States. Write him for his expert opinion of your case, for which he makes no charge.

John W. Kennedy, under arrest at Niagara Falls, on suspicion, has admitted that he is wanted in Stanton, Va., for wrecking an express train and killing the engineer, two years ago. Kennedy had been convicted and sentenced to be hanged on March 11th. Two days before the time set for his execution he escaped from jail.

The Hottest Spot!

TEMPERATURE AT BAH-RIN MANY DEGREES HOTTER THAN IN CALIFORNIA.

"Death Valley in southern California is usually referred to as the hottest spot on earth, but it isn't quite that," Mr. Ralph Erling tells us. "This rather unpleasant distinction belongs to a portion of the shore of the Persian gulf and in the vicinity of Bahrin."

"Statistics prove that the mean annual temperature of the Persian Gulf furnace is eleven degrees higher than that of Death Valley, and the aridness of both places is about on a par, though I am inclined to believe, if my recollection of the records is not blunted, that a little brackish water has been found in a few isolated springs on the alkali surface of Death Valley, whereas there is no water at all to be found on the shore of the gulf anywhere within a radius of nearly 200 miles."

"Yet, while Death Valley is inhabited by practically none, and permanent life there is deemed well nigh impossible, Bahrin has a population of several thousand people and has had an existence as a village for many centuries. Of course the people are stunted mentally and to a slightly less extent physically, a fact due to the fearful conditions under which they live but they do live there and are probably the nearest approach to salamanders in the human family. What do they do for water and food? Why the latter is brought to them in boats and sold in exchange for the fertilizer they dig from the desert and the latter they have in fairly good abundance near them. You thought I said there was no water within several hundred miles of the place. Well, so I did—on the land—but there are a number of fresh water springs on the bed of the saline gulf within a few hundred yards from the shore."

"It is probably the only place on earth where fresh drinking water is secured from a salty sea. The water gushes up in considerable volume from these springs and is secured by divers. The gulf is only about thirty feet deep at this point. The divers plunge to the bottom with empty gaskets and place the orifice of the skin bag directly over the mouth of the spring; it fills in a few seconds, and the diver closes the orifice and is pulled back to the boat by a rope. That is the way the water supply for the community on shore is procured. The springs are supposed to be due to underground streams which have their origin in the green hills of Oman, over 500 miles inland."—St. Louis Globe Democrat.

Bought His Coffin.

George L. Eason, a retired undertaker of Gates county, North Carolina, now living on Florida avenue, Port Norfolk, Va., has had in his house for 21 years the metal casket in which he will be buried when his life has run its course. The casket is of superior metal and make, Mr. Eason says, to anything that can be bought nowadays, although he has had it on hand for so many years that it has become slightly rusty and needs a fresh coat of paint. Mr. Eason is preparing to paint it himself. The greasiness of the casket is a conspicuous position in the upper hallway of Mr. Eason's cozy little home. Asked if the coffin was not somewhat of a gruesome object to gaze on daily and likely to cause him to think more of death, he replied: "No, indeed. I am so used to having coffins around me, after forty years in the undertaking business, that the one upstairs is no more to me than an ordinary box." Mr. Eason was a Confederate soldier.

Ten Thousand Churches in the United States have used the Longman & Martinez Pure Paints.

Every Church will be given a liberal quantity whenever they paint. Don't pay \$1.50 a gallon for Linseed oil (worth 60 cents) which you do when you buy this paint in a can with a paint label on it. 8 and 6 make 14, therefore when you want fourteen gallons of paint, buy only eight gallons of L & M, and mix six gallons of pure linseed oil with it. You need only four gallons of L & M Paint, and three gallons of oil mixed therewith to paint a good sized house. Houses painted with these paints never grow shabby even after 18 years. These celebrated paints are sold by F. L. Smith & Co., Agents.

Healthy Children

Are kept strong and well; weak and puny little folks are made vigorous by the use of this famous remedy.

Potash

The favor of Potash may be injured by the use of stable and tank organic manures.

FREY'S VERMIFUGE

Corrects all disorders of the stomach, relieves all cases of indigestion, and is a positive in action. Sold by all Druggists.

Kodol Dyspepsia Cure

Digests what you eat.

Early Risers

The famous little pills.

STOP SMOKING

It is a terrible habit that ruins the health and wastes the money. Stop smoking now and enjoy the benefits of a clear conscience and a healthy body.

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CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher.

The Kind You Have Always Bought

In Use For Over 30 Years.

THE CASTORIA COMPANY, 27 NASSAU STREET, NEW YORK CITY.

YOU CAN FIND

Guttering and Spouting,

(Both Galvanized Iron and Tin),

Also Tin and Iron Roofing,

Ornamental Galvanized Iron Work, Valley and Shingle Tin, Sheet Copper and Rivets, Steam and Water Pipe Fittings of all kinds.

Old Copper, Brass, Lead, Pewter and Rubber bought at Everitt's.

T. M. EVERITT.

OAK RIDGE INSTITUTE

51st Year PREPARES FOR THE UNIVERSITIES AND COLLEGES as well as for BUSINESS, for TEACHING, for the FINE ARTS, and for LIFE. SITUATED NEAR GREENSBORO, N. C., over 1,000 feet above the sea level, in view of the mountains. Largest and Best Equipped Fitting School for Young Men and Boys in the South. Rates: \$125.00 to \$175.00 per annum.

For BEAUTIFUL CATALOGUE, ADDRESS J. A. & M. H. HOLT, Oak Ridge, N. C.

DR. MOFFETT'S TEETHINA

Cures Cholera, Infantum, Diarrhoea, Dysentery, and the Bowel Troubles of Children of Any Age. Aids Digestion, Regulates the Bowels, Strengthens the Child and Keeps TEETHING EASY.

Costs Only 25 cents at DRUGGISTS.

Or mail 35 cents to C. J. MOFFETT, M. D., ST. LOUIS, MO.

"I wrote to Dr. Pierce for his advice."

The lady, from whose letter we quote, got what she wrote for, and is a well woman to-day as a result of following Dr. Pierce's advice and using Dr. Pierce's Favorite Prescription, the medicine which makes weak women strong and sick women well. "Favorite Prescription" establishes regularity, drives weakening drains, heals inflammation and ulceration and cures female weakness. Sick women, especially those suffering from diseases of long standing, are invited to consult Dr. Pierce by letter, free. All correspondence is held in strictest confidence and is confidential. Address Dr. R. V. Pierce, Buffalo, N. Y.

"I can truthfully say that Dr. Pierce's Favorite Prescription is a wonderful medicine and deserves the praise given it," writes Mrs. Emma Spencer of Lakewood, Minnesota, Co., Minn., Nov. 20. "I was sick four months, and the medicine prescribed by the doctor did me no good. Finally I wrote to Dr. Pierce for his advice. He answered in a very kind letter instructing me what to do. I followed the advice and to-day am a well woman, thanks to Dr. Pierce."

Dr. Pierce's Pleasant Pellets should be used with "Favorite Prescription" whenever a laxative is required.

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The One Day Cold Cure.

Prevents the cold and keeps the throat clear. Cures the cold in one day. Children use this like candy.

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