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Skewarkee Lodge, No. 90, A. F. and A

Roanoke Camp, No. 107, Woodmen of the World. Regular meeting every 2nd last Friday nights.

#### Church of the Advent

rvices on the second and fifth Su days of the month, morning and evening and on the Saturdays (5 p. m.) before and on Mondays (9a. m.) after said Sur days of the month. All are cordially in B. S. LASSITER, Rector

#### Methodist Courch

Rev. E. E. Rose, the Methodist Par tor, has the following appointments Every Sunday morning at 11 o'clock and night at 7 o'clock respectively, except the second Sunday. Sunday School every Sunday morning at 9:30 o'clock. Prayer-meeting every Wednesday even-ing at y o'clock. Holly Springs 3rd Sunday evening at 3 o'clock; Vernon 1st Sunday evening at 3 o'clock; Hamilton 2nd Sunday, morning and night; Hassells 2nd Sunday at 5 o'clock. A cordial in-vitation to all to attend these services

#### Baptist Church

Preaching on the 1st, 2nd and 4th Sundays at 11 a. m., and 7:30 p. m. Prayer meeting every Thursday night at 7:30 Sunday School every Sunday moraing at 9:30. J. D. Biggs, Superintendent.

The pastor preaches at Hamilton on the 2rd Sunday in each month at 11 a. m.

The pastor preaches at Hamilton on the 3rd Sunday in each month, at 11 a. m. and 7:30 p. m., and at Riddick's Grove on Saturday before every ist Sunday at 11 a. m., and on the 1st Sunday at 3 p. m. Slade School House on the and Sunday at 3 p. m., and the Biggs' School House on the 4th Sunday at 3 p. m. Everybody cordially invited.

R. D. CARROLL, Pastor.

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No. 90, A. F. & A. M.

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#### PROF. MATTHEWS' IDEA. He Says Eating Will Indefinitely Prolong Life.

Some very queer doctrines have come out of the University of Chicago. The big institution situated in the former midway of the World's Fair has seemed to be an incubator for theories and dogmas which tend to shock the man of sober thought, and lend gaiety to the perennial gloom of the nation. There was Triggs, with his freakish ideas about Shakespeare, Longfellow, the Bible and our gospel hymns; the atmosphere soon became too torrid for even his fervent exploits and he made his escape to other fields. Then Loeb, a hardworking laboratory demonstrator, startled the country by announcing that he had succeeded in tertilizing the eggs of sea-urchins artificially; inferentially, an assertion that sooner or later he would be able to create life without the intervention of sex. Other instances of a similarly bizarre nature have been chronicled from time to time, and the public has gradually become keyed up to expect the latest word in the matter of scientific or doctrinal experiments from the big school which has been so generously favored by John D. Rockfeller. This is not, of course, intended to belittle the university. We rather question if the enterprise of its faculty has not been a decided advantage so far as development and exploitation are concerned. And now comes Professor Albert P. Matthews, from the same source, with a most interesting declaration. In a recent issue of "The World Today," he expresses novel ideas on the subject-"What is Death." The entire article is distinctly worth the reading, but we have space to deal only with his conclums. They are, substantially, that in time science will abolish death by such a perfect system of dietetics that the human body will be rebuilt as fast as it is worn away by the present demands of existence. Carried to its logical finale, the professor sees no reason why we should go outside of this world for everlasting life-making allowauce of course, for such accidents

cunning planning cannot antici-The majority of people will consider these theories as hopelessly chirmerical. The idea that science can stay the hand of Death and confer practical immortality on flesh and blood, is one so broad as to stagger the most credulous. Still, science has done some marvelous things; a few years ago we would have called them miraculous. Yet it seems to us that a more a middle ground. It is impossible to accept Professor Matthews' deductions seriatim, but there is much truth in them. It has always

been a fad of ours that the majority

of people eat too heartily.

The digestive and assimilative organs are just like any of the others which are nearly connected with the functions of life. They may be overworked in such fashion as to permanently affect their usefulness, and nothing is more productive of this sort of mischief than heavy or indiscriminate eating. Every body is so constituted that it requires a certain quanity of food for its maintenance. Anything over and above that proportion simply places useless burden on the digestive apparatus, weakening its power against a future day. Irregular and hasty meals are another fertile source of indigestion; and it should be remembered that the physicians are beginning to classify that disorder as one of the most dangerous and insidi ous menaces to health.

Enormous and morbid habits of eating are by no means confined to the wealthier classes, although we are aware that is the prevalent impression. Day laborers, people in the professions and those generally engaged in sedentary employment are notorious offenders in this di-

squander is incalculable. Unloubtedly, for the passing pleasure of food, a large percentage of them barter a good many years of their lives, or impair their own possibilities for pleasure and usefulness. The fact that they do so, as a rule, unconsciously, is the saddest part

of the thing. This, then, is the mission of science—the proper education of the modern man and woman in the matter of diet. We do not believe it possible for the most ingeniously balanced system to supply the prodicts of waste and decay indefi nitely-that is Professor Matthews' hypothesis. But we do believe that one can be devised which, minimizing the tax on the digestive organs, will ideally nourish and sustain the body. Under such a regime-and it need not be a monotonous or distasteful one-the present span of life can be prolong ed to something approaching the old biblical limitations. There will, however, need to be other radical hygienic reforms. Otherwise, our efforts will be simply in the nature of saving at the spiggot and wasting at the bung.-The Sunny South.

#### Naming the Twins.

Carl was a boy of seven yearsat least the story gives him no more-who lived on the Black Bay in Boston and he was greatly excited when he heard that twins were born in a neighboring house. He asked all manner of questions of his school teacher about the subject until he had formed a fair estimate as to what twins really were. With great impatience he waited until evening came, in order to tell his father the wonderful news. He ended his burst of information by saying eagerly:

"I got names for them! If they were mine, I'd call them "Peter"

and "Repeter"!" "That's very nice," said the father pleased with his son's bright-"But what if they are both girls?" Carl's ardor was by no means dampened. After awhile he pulled his fathers evening paper away. "If they were both girls," he said solemnly, "I'd call Kate' and 'Duplicate'!"

"But, Carl," said the father, " or acts of Providence as the most am sorry, but I understand that

one is a boy and the other is a girl.' Chagrined, but by no means daunted, Carl went and curled himself up on the sofa to think out the new complication. All at once he burst out :

"Papa, if one was a baby boy and the other could be a baby girl I'd-I'd call 'em 'Max' and 'Climax'!"--Selected.

### The Preacher and The Baker.

A-baker once came to a preache who in the course of conversation asked him if he was a member of any concregation, as he professed to be a Christian.

The baker auswered, "I was formerly a member of a congregation, but being deceived by the preacher I have since lost confidence in all preachers, and will henceforth join no church."

To this the pastor replied, "A certain friend of mine had the same experience with a baker. He sent to him for a fresh loaf of bread, but the baker seut him a hard, stale loaf, and since then he has lost all confidence in bakers."

"But pastor," the baker exclaimed, "they are not all that way The pastor replied, "Neither are all pastors like the one of whom you speak. You have no valid reason, therefore, to stay away from church; and you will not be with that wicked pastor on the judgment day,"-ReformedChurch Record.

#### A Surprise Party

A pleasant surprise party may be given to your stomach and liver by taking a medicine which will releive their pain and discomfort viz: Dr. King's New Life Pills. They are a most wonderful remedy affording sure relief and cure, for rection. How much vitality they tion. 25c at S. R. Biggs drug store.

#### HEART DISEASE.

#### Modern Rush Responsible for its Prevalence.

'Bad whiskey, rheumatism men tal strain and high living are among the leading causes of heart diseases," says Dr. Henry P. Loomis, of New York. "It is easier, however, to admit a tremendous increase in the number of deaths from heart disease than to point out any one reason for the increase

"Here, for instance, is a chart sent out by the health board, which illustrates the steady increase in mortality from heart disease in this city since 1868, and it includes a table of figures of deaths result ing from Bright's disease and heart disease combined."

This table showed that in 1868 thirteen persons out of every 10, ooo died from the causes named. In 1901 the proportion had jumped up to thirty in every 10,000 or more than double.

"There are cases of heart diseas which are not complicated with Bright's disease," continued Dr. Loomis, "but it is not often that a sufferer from Bright's disease is free from heart trouble.

"Many cases of heart disease are directly traceable to mental strain and high living, the heart being indirectly affected through other

'In nine cases out of ten-well io, that's putting it to strongly, perhaps-I would say rather that the majority of the cases of heart disease which come under my notice are due to rheumatism in many

'Heart disease is not an ailmen confined to any one class. It is fatal alike to rich and poor. Persons with a tendency to rheuma tism, who are subject to frequent attacks of rheumatism, do much harm often by fighting the attacks instead of giving up to them."

SAYS PATIENT SHOULD REST "How give up to them?" the doctor was asked.

"By going to bed at once and staying there till the disease yields; by avoiding exposure and remaining in an even temperature. Naturally, the shorter the attack the less strain there is on the heart.

"Certain forms of throat trouble common to children are indicative of rheumatism, and they should be treated accordingly-that is, the patient should observe afterwards the proper precautions. It is safer Stomach and Liver tablets. For for a person inclined to rheumatism to wear flannels the year round and use every preventive to starve off attacks of the disease if he wants tor Morgan. to keep his heart in good working

"It is true, of course, that one vice versa. Speaking generally, I and keep you well. 35cents. I believe that rich food and lack of proper exercise, excessive drinking and a persistent mental sirain are train by its cowcatcher. the main cause for heart disease.

"The strenuous life plus mental anxiety is in these days almost irclasses. I don't think, though, that there is any increase in drinking among the rich; in fact, I believe just the reverse, and the rich man has this in his favor-he, at least, can drink good liquor when he drinks at all.

"With the poorer classes it is different. The great army of the less a prey to heart disease, not only because of prolonged exposable to excuse yourself before God cause of the drinking habit, which is often acquired in consequence of this exposure.

"I have known men who thought Count is the cheerful loser. they must take from ten to fifteen drinks of whiskey a day to minimize the bad effects of exposure, one does, to pour down his throat by S. R. Biggs.

#### the most adulterated stuff in the market, his finish is not far off.

## His heart is bound to give out.

"I am heartily in favor of Bishor Potter's saloon plan to this extent Give the poor as well as the rich man pure liquor. If he must and will drink, let him have a braud of whiskey which will do him the least harm. "Worry, fret, hurry and rheumatism," is the way Dr. Darling-

> "So far," said he, "the simple life has not become the fashion, and, as a consequence, the hearts of most people have to work over time. Hurry is bad, but not near ly se fatal as worry and fret to a weak heart.

ton, of the New York health board,

checked off the causes of heart dis-

"'Don't run' and 'avoid rheu matism' are among the health re ceipes which ought to be first considered by the man or woman who wants his or her heart to keep on ticking normally for three score and ten years or longer. It is safe to say that a person of temperate habits in eating and drinking, who takes six or eight hours' sleep out of the twenty-four and some exercise afoot in the open air every day, and who absolutely refuses to worry and fret over his business or anything else, will never die of heart disea e."—Washington Post.

#### Hot Enough.

The elderly inhabitants of a little New Hampshire town delight in stories of the ready wit of the ty years ago,

On the occassion of an "associawas a liberal feast, to be followed, as was the custom in those days, by a "social pipe."

The minister had taken a spoon

ful of the rich pudding which closed the repast, but when the spoon reached his lips, he decided that the pudding was too hot to be eaten. So he adroitly, and as he flattered himself, without being observed, returned the spoonful to But one of his friends had spied him, and called across the table in resonant tones:

your pudding? What are you going to do with that last mouthful?" "Save it to light my pipe with, after dinner," returned Mr. Williams, not at all disconcerted.—Ex.

When you want a pleasant laxtive that is easy to take and cer

sale by S. R. Biggs. President Roosevelt is not telling his Panama canal troubles to Sena

Where are you sick? Headache, foul tongue, no appetite, lack of may have heart disease and yet not stipation. Hollister's Rocky be afflicted with rheumatism, and Mountain Tea will make you wel energy, pain in your stomach, con-Rocky would say that in case of the rich, J. M. Wheeless & Company, Robersonville, N. C.

You can't always tell a milk

#### Buy It Now

Now is the time to buy Cham berlain's Colic, Cholera and Diarrevocably associated with the upper rhoea Remedy. It is certain to be needed sooner or later and when that time comes you will need it badly—you will need it quickly. Buy it now. It may save life. For sale by S. R. Biggs.

> Sweden is mobilizing her troops nd Manassas is almost in sight.

#### Forced to Starve

B. F. Leek, of Concord, Ky. mechanics drivers and laborers says: "For 20 years I suffered agwho work out of doors or more or onies, with a sore on my upper lip, so painful, sometimes, I could not eat. After vainly trying else, I only because of prolonged expos-ure, which fosters ills which in Salve.'' It's great for burns, cuts and wounds. At S. R. Biggs drug The milkman coming up ca store; only 25 cents.

Count Cassini is satisfied the revolt in Russia will not spread. The

## Good for Stomach Trouble and Constipa-

"Chamberlain's Stomach and who could hardly be persuaded to the contrary. Now, even if the whiskey they drank was of good quality, the results would be good quality, the results would be good quality, the results would be good quality and the re bad, very bad, but when a man continues day after day, as many a continues day after d

#### NO AIRY FICTION.

#### The Impervious Mesh of Scotland Yard.

Directly a big, mysterious crime occurs in London, Scotland Yard throws over the metropolis a strong but invisible net, from which only the very lucky or the very clever criminal can escape. When you consider that the London over which Scotland Yard has power has a radius of 15 miles from Charing Cross, you will understand the wonderful nature of the' police organization. Within a few hours of the discovery of a sensational crime, the author of which has escaped, the 6,000,000 people in London are more or less under surveillance.

Imagine a terrible murder such as that at Deptford a few days ago. The local police immediately communicated with Scotland Yard giving the facts-stating, for eximple, that three people have been nurdered in a house and that a fair-haired man of 40, wearing a Williamston Telephone Co. long gray overcoat, has been seen to leave the house. From Scotland Yard there radiate to the 21 metropolitan police divisions, from the "A" or Whitehall district to the "Y" or Highgate district, such facts as the authorities in the great central building on the embankment think it necessary should b

#### CHIEF DETECTIVES AT WORK.

It is then only a matter of a few hours before the policemen in the old minister under whose preaching streets are keeping their eyes open they sat as boys and girls, over six- for a fair-haired man of 40, wearing a long gray overcoat. But this is only the beginning of the tion dinner," given in the town to work. One af the chief detectives the ministers of the county, there of Scotland Vard is on the scene of the crime as quickly as it is possi ble to get there, and possibly the assistant commissioner himself rushes down on his motor car. The chiefs with their assistant make a thorough examination of the place and take photographs.

A piece of glass bearing the marks of two fingers is sent off at once to Scotland Yard. Meanwhile In Gase of Fire one of the senior detectives of the yard, with a memory stored with the names of each of the desperate habitual criminals who might be "Brother Williams what ails likely to commit such a crime, has set on foot a search for each of these men, whose movements will, un-known to themselves, be traced for days back.

That business-like-looking com nercial traveler who lounges round the book stall or near the booking office is also probably a man from the yard. The methods vary ac cording to circumstances, but in every direction there are the strong, unseen meshes of the police net. Up at Scotland Yard the finger prints on the piece of glass are be ing carefully compared with some of the finger prints of known crin inals. For years finger prints have been stored and there are now on register more than sixty thousand

Prisoners have had to ink their fingers slightly all around on a prepared slab and then place them on a piece of specially prepared paper, turning them slowly round by the direction of an official, until an impression of all the skin markings has been left on the paper. Finally the sets of finger prints ar wanted for comparison either with finger prints subsequently taken or with accidental marks made by escaping criminals, such as those left on the piece of glass.

OFTEN FURNISH GOOD CLEW.

Perhaps, the finger marks on the glass coincide with those of a criminal who has not been seen or heard of for many months. independent search is at once made for him and possibly some of his old acquaintances are enlisted in the quest. He may have been a frequenter of all kinds of low dens. Be sure that in every one of those dens there is an official or unofficial The milkman coming up car

rying two cans may be a yard man for all kinds of disguises are put in ise. And so in a score of differ ent ways strenuous Scotland Yard sets its silent machinery in motion for the cause of justice. The criminal who escapes from the ringfence may consider himself fortunate. Day by day in any particu-

prove the case. - London Mail.

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