WILLIAMSTON, N. C., FRIDAY, JULY 14. 1905.
WHOLE NO. 299


| Skewarkee Lodge, No. 90 <br> M. Regular meeting every Tuesday nights. <br> Roanoke Camp, No. 107, the World. Regular meeti last Friday nights. |
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## SKEWARKEE

 LODGE
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Proiessional Cards. DR.JOHN D. BIGGS

## $\frac{\text { Phonra }}{\text { W. B. GARREILL }}$

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PROF. MATTHEWS' IDEA.
He Says Eating Will Indefi-
nitely Prolong Life. nitely Prolong Life. Some very queer doctrines hiave
come out of the University of Chi cago. The big institution situated
inthe forner midway of the World's
Fair hes 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.


| sh Responsible for Prevalence. | market, his finish is not far off. His heart is bound to give out. <br> "I am heartily in favor of Bishop Potter's saloon plan to this extent: | NO AIRY FICTION. <br> The Impervious Mesh of Scotland Yard. |
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|  | "Worry, fret, hurrv and rhen- |  |
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| from heart disease than to point |  |  |
| out any one reason for the increase. <br> "Here, for instance- is a chart | $\left.\right\|_{\text {ene }} ^{\text {che }}$ |  |
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| tee |  |  |
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| e of fir |  |  |
| e of fi |  |  |
| heart disease combined.' <br> This table showed that in 1868 |  | don are more or veillance. |
|  |  | Imagine a terrible as that at Deptford |
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|  |  |  |
| more than double. |  |  |
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| t's dise.se,' |  |  |
|  |  |  |
| sufferer from Bright's disease is |  |  |
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| ugh | heart disea e. ." - Washington Post. |  |
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| $y,$ |  |  |
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|  |  |  |
| Heart disease is not an ailment |  | this is only the |
| , | tio | work. One af th |
| like to rich and poor. Per- |  |  |
| sons with a tendency to rheuma- |  |  |
| nt |  |  |
|  | bu |  |
| harm often by fighting the attacks |  |  |
| ead of givis |  |  |
| says patient should rest |  |  |
| v give up to them?'" the |  |  |
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|  |  |  |
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| ing in an even temperature. Nat- |  |  |
|  |  |  |
| less strain there is on the heart. <br> 'Certain forms of throat trouble |  |  |
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|  |  |  |
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| at should observe afterwards |  |  |
| proper precautions. It is safer |  |  |
| erson inclined to rheumatism |  |  |
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|  |  |  |
|  |  | linals. For |
|  |  | have been now on re |
|  |  | Pris |
| ver | $\begin{aligned} & \text { and } \\ & \mathrm{and} \\ & \mathrm{~J} . \end{aligned}$ |  |
|  | $\left\{\begin{array}{c} \text { J. M } \\ \text { erson } \end{array}\right.$ |  |
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| a persistent mental sira |  |  |
| nain cause for heart | Bur It Mow |  |
| lif plus mental | e time to buy Cham- | Finally the sets of finger |
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| th |  |  |
| th 1 |  | heard on for many independent search is |
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| se of prolonged expos- |  |  |
| h fosters ills |  |  |
| dim |  |  |
| se of the drink | store; |  |
| uired in cons e. |  |  |
| I have known men who thought |  |  |
| must take from ten to fifteen | 60 |  |
| or |  |  |
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| hard |  |  |
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