

Watauga Democrat.

VOL. XXI

BOONE, WATAUGA COUNTY, N. C., THURSDAY JUNE 10, 1909.

NO. 3.

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What The Democrats Need.
Charlotte Observer.
Norman E. Mack is absolutely correct in his opinion that what the Democratic party needs is to find more principles upon which all Democrats can agree. Had it been able to do that last year Mr. Taft might not now be in the White House and the tariff revision now going on in Congress might be conducted by Democrats.

Mr. Mack might have substituted "some principles" for "more principles" and not gone further from the mark, for there is hardly a single political question of the magnitude of a national one on which the whole party is agreed. Not only are the rank and file divided on almost if not entirely every political question, but the leaders of the party, the men who have been chosen to represent and stand for the masses in the legislative halls of the nation and in the councils of the party are as hopelessly divided on the same questions.

The all important subject of thought and discussion now is the tariff, and look how the party stands on that—hardly a proposed schedule in the House or the Senate bill on which there is even approximate unanimity of views among Democratic members of either body. One example will give a fair illustration of this division of sentiment, the iron ore schedule. The Washington Post gives the situation thus:

"The duty on iron ore—for the trust only, was kept in the Senate bill by the votes of eighteen Democratic Senators, through a Republican House, presided over by Joseph G. Cannon and led by Sereno O. Payne and John Dalzel, had put iron ore on the free list."

There is a lack of unity among the Republicans also on many questions regarding the tariff, but they are not as hopelessly divided as are the Democrats and they can be counted on 'getting together' when it comes to the point of standing by their party or aiding its opponent. The Washington Post further describes the situation in Congress on the tariff question in this manner:

We heard a great deal a year or so ago to the effect that Theodore Roosevelt stole his politics from William J. Bryan. That sort of stealing seems to be catching. Democrats in the Senate have appropriated Pig Iron Kelly's politics, and Republicans of that body have caught with 'Old Bill' Morrison's goods in their possession. We see the spectacle of insurgent Republicans demanding free lumber, stand pat Republicans support \$1 a thousand and duty on lumber for protection and Bourbon Democrats clamor for \$2 a thousand duty on lumber "for revenue only." Was there ever such a kettle of fish?

With these and many other examples of division in the Democratic ranks which might be pointed out, one is forced to confess that Mr. Mack is right in his views as to the chief need of the Democratic party.

Special Tax for Schools.
Monroe Enquirer.
Two men were discussing a special tax election in a school district in this county. Said one of the men: "I have a little property interest in that district, and although I do not live in it and do not know a dozen children on sight who go to school in that district, yet I wish I could vote for the special tax."

The other man said: "That is an unselfish view to take of the matter. There are some men living right in that district who are so selfish that they are doing everything possible against the special tax levy."

The non-resident who expressed a willingness for his property so be taxed for school purposes, said in reply to that: "Now let me be understood. I am not posing as a philanthropist, nor putting myself up as a model of unselfishness. I am for that school tax, not that I love to be taxed, but because I believe that the selling value of my property will be increased more than the increased taxes on it will amount to. I am selfish about the matter."

When you come down to the truth of the matter the unselfish spirit does not reside altogether in the advocates of special school tax. We are all selfish—every mother's son. The fellow who wants the special tax for schools has no right whatever to be continually hurling at the man who is opposed to the special tax, "you are selfish." In all probability the man who is advocating the tax knows, or at least, fully believes, that the establishment of a good school in the community will enhance the value of his property many times more than the tax will amount to; that the erection of a handsome school house just up or down the road from his place will greatly improve the outlook from his home; that it will make the community better in every way and if he wants to stay on there it is a better place to live and if he wants to sell out and move away he can get a great deal more for his place than he could before the tax was levied to build the school house and maintain the school.

Selfish, of course he is.

The man who opposes the levy of a special tax for schools sees things in a different light and thinks that the increase in value of property will not warrant the outlay and therefore he votes against the levy of any more tax.

Selfish, of course he is.

Here and there is a man who shells out and gives money for educational purposes purely as a matter of philanthropy, but all this establishment of special tax purely economic, a cold-blooded business matter, if you please; and if you care to know how the Enquirer folks stand on the special school tax question we will state that if we had property in every district in the county and we were allowed to vote in each district we would cast a vote in every one of them for the special tax. And we would not cast those votes in the name of philanthropy. In fact the 'broad minded,' the 'unselfish,' the 'philanthropic' racket has been somewhat overworked in this special school tax matter. The fellow who is for the tax and is the possessor of property and has no children to school, is, in almost every instance, in favor of it for the reason that it will benefit him in a business way. The fellow who has a house full of children and is for the special tax, of course he can not well pose as an advocate of increased school tax simply on the ground that he is a well wisher to the community's good.

Seven Rules of Health How to Live One Third Longer.
Progressive Farmer.
All America is waking up to the importance of better health conditions, and State and National Governments are taking deeper interest in the subject than ever before. Regardless of what State or Nation may do, however, every individual by following a few simple rules of hygiene for himself may greatly increase the length and the happiness of his own life. Seven such young and old, men and women, would be immeasurably increased, doctors' bills reduced, and the rules we give herewith, and if they should be followed this season by the 68,000 farm families who will read these lines, the health and efficiency of general tone of life made notably brighter and happier—to say nothing of fewer graves in the burying-grounds and cemeteries at the end of the year. Here are the seven rules:

1. Have a properly planned and properly cooked diet. Make a study of this question and have your wife make a study of it. We eat too much meat and too much hot, pasty food. We do not eat enough fruit, vegetables, butter and milk. There is no excuse for any farmer not having enough of these nourishing, health-giving foods, and with them one can set a table fit for a king.
2. Chew your food three times as long as you have been doing. The Fletcher principle, "Chew your food till it becomes liquid and practically swallows itself," is the only correct guide. Mr. Fletcher guarantees that his method will increase the average man's working efficiency 25 percent in six months.
3. Don't overeat. Proper chewing, however, will practically prevent this also. Chew your food thoroughly and your sense of taste will be satisfied before you eat too much. It is when you bolt your food down that you overeat.
4. Breathe nothing but pure air. Let it into your sleeping room, no matter how cold the weather. The dread of 'night air' is absurd. If fresh air were only to be had for a price, thousands of poor people would be begging money to buy it, while as it is, they shut it out on every provocation. Stuff parlors and sitting rooms and sleeping rooms with all the windows down breed headaches and consumption.
5. Drink twice as much water as you have been drinking. The average person only drinks half enough. Drink two glasses when you get up mornings, and as you can at other times.—Preferably not at meals, however, or for an hour before or after.
6. Stop dosing and drugging yourself; never take a patent medicine. If you are not well, by all means avoid putting your health and your life in the hands of men you know nothing about, and who know nothing about your ailment. Nine times out of ten a drug taken into your system when not needed acts as a virtual poison, and unless the physician knows the exact nature of your ailment, the chances are that it is not needed.
7. Let all intoxicants alone. man who begins drinking is sure that he can keep from drinking immoderately; while the latest medical researches have proved that even the most moderate drinking injures ones nervous and mental powers, lessens one's ability to resist disease and also aids in developing any latent disease or weakness. Surgeon-General Wyman, in his recent address on Southern health conditions,

sounded a special note of warning concerning the injurious effects of alcoholic drinks in warm climates.

Of course there are other things not to be neglected—frequent bathing in a room as warm as warm as the body (a bath room just big enough to turn round in and quickly heated by an oil stove will do the work) eight hours sleep and a good supply of water uncontaminated by filth or disease—but these seven rules are the things most needed by the average man. They will add years to your life and life to your years.

Try them.

A Thrilling Rescue.
How Bert R. Lean, of Cheney, Wash., was saved from a frightful death is a story to thrill the world. "A hard cold" he writes, "brought on a desperate lung trouble that baffled an expert doctor here. Then I paid \$10 to \$15 a visit to a lung specialist in Spokane who did not help me. Then I went to California, but without benefit. At last I used Dr. King's New Discovery, which completely cured me and now I am as well as ever." For lung trouble, bronchitis, coughs and colds, asthma, croup and whooping cough it's supreme. 50c and \$1.00. Trial bottles free. Guaranteed by all druggists.

Sober Husband No Good.
News and Observer.
Milwaukee is the place for strange things. We have all been familiar with the case of innumerable wives who have sought for divorce because of drunken husbands. Now comes a wife, one Carolina Liepaloff, of Milwaukee, who asks for a divorce because of her husband's unbending sobriety. She says that for many years they lived happily together, though her husband often came home in an intoxicated condition, but two years ago there came an entire change in the habits and conduct of her husband. He no longer gets intoxicated and will not even take a single drink of liquor in their home, and this change in his condition has "caused the destruction of her married happiness, caused her great mental worry and anxiety and sadly affected her health" and therefore she prayed for divorce.

In this application the wife does not state why her husband reformed, if it be reform, or where in his sobriety causes her discomfort, unless in the former times they were in the habit of drinking and getting drunk together, and she misses the convivial companionship to which she thinks every wife is entitled. If she gets a divorce a strange precedent will be set.

A Home For Superannuated Preachers.
Rev. W. M. Bagby, presiding elder of Mt. Airy district, M. E. Church, South, has interested himself in a plan to provide homes for superannuated Methodist ministers who have been unable, by reason of serving weak churches with small salaries to make provision for the future.

It is stated that if the North Carolina Annual Conference which meets this fall, approves Mr. Bagby's idea, he will retire from active ministerial work and devote his whole time to the project. His purpose is to canvass this and other Conferences for funds and whenever practicable, establish and furnish homes for aged and infirm ministers who have retired from the work.—Lenoir News.

A Good Hair-Food

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Does not change the color of the hair.

Formulas with each bottle. Show it to your doctor. Ask him about it, then go on to Ayer's.

You need not hesitate about using this new Hair Vigor from any fear of its changing the color of your hair. The new Ayer's Hair Vigor prevents premature grayness, but does not change the color of the hair even to the slightest degree.

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During my many years of business I have always given the closest attention to the careful repairing and adjusting of watches brought to me and have bought none other than the best material. My charges are never excessive; only enough to cover the cost of the work; neither do unnecessary work nor charge for work I do not execute. Don't wait until your watch refuses to run before having it cleaned, adjusted and freshly oiled.

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How To Find Out.

Fill a bottle or common glass with your water and let it stand twenty-four hours; a sediment or settling indicates an unhealthy condition of the kidneys. If it stings your linen it is evidence of kidney trouble; too frequent desire to pass it or pain in the back is also convincing proof that the kidneys and bladder are out of order.

What To Do.
There is comfort in the knowledge so often expressed, that Dr. Kilmer's Swamp-Root, the great kidney remedy, fulfills every wish in curing rheumatism, pain in the back, kidneys, liver, bladder and every part of the urinary passage. It corrects inability to hold water and scalding pain in passing it, or bad effects following use of liquor, wine or beer, and overcomes that unpleasant necessity of being compelled to go often during the day, and to get up many times during the night. The mild and the extraordinary effect of Swamp-Root is soon realized. It stands the highest for its wonderful cures of the most distressing cases. If you need a medicine you should have the best. Sold by druggists in fifty-cent and one-dollar sizes.

You may have a sample bottle and a book that tells all about it, both sent free by mail. Address Dr. Kilmer & Co., Binghamton, N. Y. When writing mention this paper and don't make any mistake, but remember the name, Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y.

Children Cry FOR FLETCHER'S CASTORIA

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