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Nature's Drinks Are Best

By Dr. G. Henry Brinkler, Author of "Suitable Foods."

"What shall we drink?"
Some people I know would regard this query as a suggestion—nay, almost an invitation to go to the nearest saloon. Now, I have objections to those drinks in spite of the protestations of German scientists that they are nourishing. In the first place, the mineral liquids, the grapes, are preferable to their fermented products. "Ah! but I hear you say it doesn't touch the spot like a glass of wine." Now, my friend, you ought not to have a spot that requires touching. Let me give you a hint. The cook sometimes uses acids, even lemons, to cut up the grease on her pans. Why not use lemon juice to cut up those greasy spots you put inside. Or, don't eat excessive fats, and rich spiced dishes, and you won't need either lemon juice or alcohol to relieve the oppression of your wrong foods. Salted, canned meat and fish, excessive use of fatty cereals or sugars, are also causes of that craving which induces you to go to the whiskey bottle.

As long as these irritating foods or habits of eating are continued there will be drinkards and prohibition will fall to prohibit. Preaching, scolding, pleading will be of little avail till the source is remedied, and that is in the hands of the cooks. The drink curse, like a mighty river, rushes through the land, leaving in its wake deserted homes, lost fortunes, starving children, and it derives its source from the springs of vice, the perverted habits of wrong feeding, the unsalted foods sent into an unoffending stomach. The people who know best the causes of drink are not the temperance reformers, but the saloon keepers, who offer a free-lunch counter of highly spiced foods, salted canned meats, pickles, etc., to inflame the desire for drink, more drink.

THESE ARE POOR SUBSTITUTES.
What my temperance friends, have to offer to our drinkards? Ginger ale, root beer, and sarsaparilla water? If nothing better, you might as well leave them in their glory. Though these mineral waters do not intoxicate, it is certain they contain many injurious elements that are foreign to the human body, for they are too coarse for assimilation unless organized into the plant world or through plants into the animals used for food. Salt, soda, iron, phosphates in mineral form cannot be assimilated properly by many. Experiments have proved, for instance, that a cow which does not take salt will yield proportionately far more easily elements in her milk than a woman in isolation who takes much table salt. The minerals must, therefore, remain unassimilated and be a factor in such troubles as chalky deposits in the joints of the hands and feet, rheumatism, and tumors. Moreover, there is no vital nourishment in mineral waters of plain waters, and they only enrage the digestive organs in the place of the refreshing, vitalizing juices of nourishing

liquids, fruits, vegetables, etc. Even plain water occupies room in the animal economy which should be occupied by fruit juice, etc.
Such worthless liquids as mineral waters prevent the stomach from taking enough natural liquids. Those mineral waters so often prescribed for rheumatism and gout only add to the mass of foreign concretions and unassimilated elements which cause the complaints because the system cannot expel them. They are, of course, the cause of ill looks, disease, and premature death. Although temporary relief may follow sometimes from taking mineral waters, experience proves that ill health is sure to arrive from taking into the body those foods not suited to its needs.
The soda fountain is deleterious as well as the beer barrel. It is not a question of costliness, but of ignorance of food values in the first place which creates the artificial taste from long continued habits of eating of wrong foods. Until a correct knowledge of simple foods is rightly combined in obtaining by the people, they will either starve in some department of the system or be overtaken in another, and a condition of desperation of mind be set up tending to crime and vice.
WRONG FOODS CAUSE THIRST.
If there is a thirst for a drink that is recognized hurtful, there is a cause. When irritating foods are put into the body there arises a desire for relief, coupled with a befuddled condition of mind, which too often results in a resort to artificial false aids. The more one depends on these stimulants the more exhausted the whole body becomes and the lower the tone of mind. It is not necessary to become a positive villain to miss the most that is in life, because an uneasy mind, a restless disposition, unsatisfied cravings, hot-heads, indifference to present opportunities, a bad temper, go further to wreck men and women on the sea of life than a big leak in the boat. When habits become simple, we shall become ready on Utopia to use opportunities we develop.
I cannot but think from actual facts that the temperance movement is urged on by a half truth. Let one look deeply and fairly into his habits, and recognize that, whether drinker or abstainer, he also panders to his cravings. The desire for alcohol is but one result of wrong foods.
Coffee and tea drinks are artificial as beer and whiskey. Coffee and tea form neither fuel nor tissue. Both are astringents and factors in constipation. They arrest the excretion of gastric juices by their puckering properties, thus holding off hunger and forcing the person to work on his reserve forces without much sustenance from his stomach. The blood is forced to circulate faster, and there is an exhilaration resembling intoxication. Tea tasters are prone to headaches, giddiness and paralysis. Admitted that the consequences are not so severe as those of alcohol, yet they are more

widely used and have a greater collective effect.

COFFEE AN UNSAFE STIMULANT.

Admitted that coffee, as a stimulant for strains of great work has done much for the world, yet there is a far better way in cases of enforced mental strain and which does not render one liable to a collapse. Moreover, coffee is not a safe stimulant for protracted strains of work. The medical examiners of life insurance companies have not without reason added the term "coffee heart" to their classification of the functional derangements of that organ. It is, however, the constant use of the beverage which stimulates without feeding that becomes dangerous. All these effects would not be so bad if the person really replaced the reserve force, but the habit is too persistent to allow of this, and, like overdrawing a bank account, it reaches a final collapse.
Those who take a stimulating diet simply cannot stop when nature's powers are exhausted, but they spend their last drop of reserve force, furthermore, they suffer terrible emotional and vital drains which hasten the final collapse, and such is the sad ending of many earnest, brilliant men who do not stop to think on this subject.

The delusion of drinking comes about in this way: The overworked immediately stimulate their blood and nerves by tea or coffee drinking. They jump to the conclusion that it is a wholesome beverage, and when fatigued or depressed, or even hungry, they take a cup of tea. But the temporary advantage is bought too dearly. Another class of people use it for economy, to avoid the expense of a hearty meal, and instead of taking food, drink to enable them to resume work with more vigor and turn time into money. Both classes cheat themselves, for the most thoughtless will admit that dried sticks and leaves called tea do not contain nourishment, and that when tea or coffee is taken persistently at those times when nourishment is needed the body must deteriorate.

PREVENTS TISSUE RENEWAL.

The reason tea gives a sensation like real food is its conservative action, preventing the destruction of tissue. The fast destruction and building up of tissue is like itself. Moreover, theine, caffeine and theobromine are foreign elements not found in the composition of the human body, hence not healthfully assimilated. Many people apologize for their cravings by referring to their ancestors. A woman will say: "My mother was a great tea-drinker; and why should I, as I am not ill, leave it off?" She forgets to mention that the action of her liver and other organs is greatly impaired. She is highly nervous, very irritable, and looks prematurely old; her skin looks like parchment, and the body is either pinched or stiff. A man will say: "My father was a heavy smoker and tea-drinker, and I have smoked and drunk coffee, tea and whiskey from boyhood. There is nothing the matter with me, except that I am a martyr to dyspepsia, like my father." The basis of all cravings is that some good elements are lacking and some are in excess.
Milk, assuming the cow is properly fed, should be a perfect article of diet—for the young calf. For human beings it is too bulky in proportion to the nerve nutriment it affords.

The fatty elements make it too rich for grown persons as a chief food in large quantities. The most digestible way of taking it is by adding lemon juice according to individual requirements. Many who have been fond of milk when young have been enabled by this means to take it again with benefit. But such pre-digested thickened milk should not be used to the exclusion of meat.
Science tells us that three quarters of the human body is composed of water, from which statement many people decide to imbibe large quantities of water, plain or otherwise. All water, especially in large cities, is tainted in some degree with organic impurities, infections, filth, the cause of many plagues and epidemics which still afflict civilization. The roll of the illustrious dead who have died from too much water is appalling.

EXCESSIVE DRINK OF WATER.

Many people set a standard of fifteen glasses of water a day, whether wanted or not. There is no arbitrary standard, for the amount must depend on the solid food, the irritating foods, the exercise taken by the individual. If the child eats candy she at once goes to the pump to wash down the sticky stuff. If the child had eaten fruit no water would have been needed to wash it down. Many people fear they would shrivel up if they did not take huge quantities of ordinary drinks. This is a vain fear, as the amount of liquid which is valuable is the liquid assimilated by the body to refresh it, the vegetables, the fruits and liquid foods. Vegetables like cucumbers and tomatoes are not injurious in suitable combinations.

Lemon juice is cooling, but must be used cautiously. When squeezed over meat, fish or vegetables in place of salt, it makes food tasty and facilitates digestion. Kidney sufferers rapidly improve when abstaining from the irritating causes of thirst and common drinks if their diet is so arranged that the juice of suitable meats, fish, fruits and vegetables supply all needed liquid. Personal experience and professional observation alike convince me that plain water is not necessary to health when the pure liquid of juicy fruits and vegetables can be obtained. Tomatoes of good quality are excellent for rheumatism and gout when properly applied, but combined with unsuitable foods they aid in distributing the mischief and aggravating the trouble.
A diet consisting of fresh meats, fish, salad, vegetables, juicy fruits, pears, grapes, etc., must ultimately supersede all drinks for those who wish the best results in health and life. All other drinks are second rate in beneficial qualities. The best are the fruit extracts made from fruit by the cook, as lemonade, orangeade, apple water, etc. Next are the infusions from tea, coffee, cocoa; next the so-called fruit extracts at the soda fountain, the mineral waters, and fermented extracts in the saloon. But failing the pure food juices, it is best to use plain water.
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With this pretty lass so young and fair.
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NEGRO DROWNS HIMSELF?

A Wilmington "Coon" Who Was in Trouble Thought to Have Taken His Own Life—Boys' Brigade Celebrates.

Special to The Observer.
Wilmington, Feb. 15.—Owen Smith, proprietor of the negro restaurant at which the murder of the colored youth Robinson occurred Sunday afternoon, has disappeared from his home in this city, and the finding of his clothes carefully tucked away in a pile of lumber close by the river gives color to the belief that he has committed suicide by drowning. Smith was not charged with the murder of the boy, a white cotton mill operative named Furman Lee being held in jail for the crime, and his actions in making away with himself is hard to be understood. The day following the killing the restaurant was ordered closed by the mayor and still later Smith was arraigned before a magistrate charged with conducting a disorderly house; but it is singular that mortification over these matters would have driven him to self-destruction. Smith was the principal witness against young Lee, who is in jail charged with the killing of the boy, and his absence, it is expected,

MEN PAST SIXTY IN DANGER

More than half mankind over sixty years of age suffer from kidney and bladder disorders, usually enlargement of prostate gland. This is both painful and dangerous, and Foley's Kidney Cure, as it corrects irregularities and has cured many old men of this disease. Mr. Rodney Burnett, Rock Port, Mo., writes: "I suffered with enlarged prostate gland and kidney trouble for years and after taking two bottles of Foley's Kidney Cure I feel better than I have for twenty years although I am now 61 years old."
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