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WINE OF CARDUI MONTHLY

SUFFERING. Thousands of The state of the s monthly intervals with pains in the head, back, breasts, shoulders, sides hips and limbs.

MEELREEY T makes menstruction painless and regular. It puts the deli

and regular. It puts the deli-cate menstrual organs in condi-tion to do their work properly. And that stops all this pain. Why will any woman suffer mouth after month when Wine mosth after month when Wine of Cardui will relieve her? It costs \$1.00 at the drug store. Why don't you get a bottle to-day?

For advice, in cases requiring special directions, address, giving symptoms, "The Ladies' Advisory Department," The Chattanooga Medicine Co., Chattanooga, Tenn. Sire. ROZZNA LEWIS.

of Densville. Toxas, says;

"I was traubled at soonlift intervals
with heretible pains in any hood and hard,
but have been entirely refleved by Wise
at Carcol.

WINE OF CARDUI

Shooting Big Fish. Great excitement and sport is to be found in hunting the halibut, one of the est of Pacific fishes, mostly found in

The line reel which is used at the stern of the boat resembles an old fashtoned well lift. When hooked, the halibut draws the line slowly at first, but on finding that his progress is checked.

It gives a vigorous jerk and speeds away
at a furious rate.

at a furious rate.

When its efforts are fairly expended, the fish rises to the surface, churning the water all round it into foam, and presenting a somewhat startling eight for the amateur. The hunters lose no time in shooting the monster before it has time to disappear, but not until it is quite dead do they venture to draw it toward the beat

The great halibit of the northwest coast sometimes attains a weight of 1,000 pounds and is regarded as a dan-

Origin of Cemeteries.

In encient times burials were always conside the walls of a city or town. Indeed before the time of Christianity it was not lawful to bury the dead within the limits. About the end of the sixth century St. Angustine obtained of King Ethelbert a temple of idels—used by the king before his conversion—and made a burying place of it, and St. Cuthbert afterward obtained leave of the pope (A. D. 759) to have yards made to the churches suitable for the buriel of the dead.

A LITTLE DUTCH GARDEN.

I saw in that garden, that little Dutch gar A chubby Dutch man with a spade, And a rosy Dutch frau And a shoe like a soow And a flaxen haired little Dutch maid.

There grew in that garden, that little Duto garden,
Blue flag flowers, lovely and tall,
And early blush roses
And little pink posice—
But Gretchen was fairer than all.

My heart's in that garden, that little Dute!

THE NAVAJO'S RING.

"I tell you, Miss Nell, it's not safe for you to ride over the range so much all alone. That Navajo's plumb crazy about you now, and he's liable to do

The speaker, a handsome, blue eyed young fellow, clad in the rough garb of a cowboy, with broad sombrero, heavy leather leggings, or chaparejos, his buckskin gloves thrust through his cartridge belt, stood leaning against the doorpost of a typical Arizons ranch-house. In one hand he held the end of a long hair rope, the other end being fast to his pony, which, all saddled, stood pawing and restless, eager to be away on the range. Slung on the near side of the saddle was a Winchester carbine, for between white and red thieves the cowboys had to be ready for all sorts of emergencies, and, be sides, the big gray wolves were beginning to show up on the range, and a wolf scalp was worth \$20 at the coun-

were addressed stood idly switching her riding habit with her "quirt," a handsome piece of cowboy work, over which one of her many admirers had spent hours by the light of a campfire in plaiting and decorating it with "Turks' heads" and other fancy knots known to cowboy quirtmakers. She was all ready for a ride and waiting only for her pony to be brought up from the corral, where Juan, the Mexican, was saddling him.

There was a pleading, pathetic tone in the man's voice that spoke the lover, even had his eyes shown no sign of pasthe womanly etubbornness in her mind. Her red lips curled and her brown eyes snapped as she said: "Oh, pshaw, Mr. Cameron, you're always worrying about some imaginary danger! I'm perfectly able to take care of myself. Please return me my ring-that is, if you have

A hot, red wave swept over Cameron's face, like the shadow of a cloud across man. the prairie on a bright day, and be stood for a full minute idly turning the men of the Navajo silversmith's art. Now, the Navajo Indiana' blankets have made them famous, but they de-serve quite as much fame for their cun-

ning as workers in silver.

This ring was indeed a gem. It was wide, as most of their rings are, was cut in two on the inner side so that it could be made larger or smaller by springing it to fit any finger, and in the

in the valley.

The girl watched him in silence until he was lost to view, when, with a gay laugh, she turned into the room, saying: "Poor Cam! What fun it is to tease him!"

A moment later, Juan appearing at

Cameron, but in a different direction.

Three months before these incidents took place George Hull had gone down to the little railroad station, some 30 miles from ther ranch, to meet his wife's only sieter, who was coming to spend the summer with them in Arisona, and from her first day she had taken to the life like a duck to water. She was a fearless horseswoman and never so happy as when out on the range riding with the cowboys, if they were there, or alone, if they were not. Nell Steele was a warm hearted, impplisive girl, but she could no more help making a slave of every man she met than she could stop breathing. It was an easy task for her, too, and it mattered not whether it was some high bred, educated and guntleman or a rough Texas of g

to live in the open air for several years. Letters of introduction to George Hull had brought him to this ranch in the high mountain country of northern Arizons, and he had taken to the cowboy life from the very first, until now he was looked upon as one of the most trusted and satisfactory "boys" on the

The ranch to which George Hull brought his pretty sister-in-law was lo-cated near the line of the N vajo Indian reservation, and as the Navajoes are great ronmers it was nothing unusual to have them hanging round there. One day a party of them came, bringing in some horses the boys had missed for some time. It was Miss Steele's first sight of the Navajo, and she came down to the corral where they were all gathered to see them. Among them was a young chief named Chatto, who had attended an Indian school at Albuquerque and could there-fore speak fairly good English. He was a picture of savage finery. Around his waist was buckled a costly belt made of great plates of solid silver, in his ears hung huge silver rings, each arm was clasped by half a dozen bracelets of the same precious metal, and his moccasins and leggings were thickly studded with buttons fashioned from dime quarters and half dollars. Across his houlders hung a gaudy Navajo blanket, and his horse's bridle was fairly weighted down with glittering trophies of the Indian silversmith's skill.

It was but a few moments before Miss Steele was bartering with him for a bracelet, but of no avail. He would not sell at any price. However, when the other Indians left he staid behind, until, as dinner bour was nearing, the boys asked him to eat with them. It was soon evident that he had eyes only for Miss Steele, and after dinner she spent an hour talking to him of his school experiences and in trying to learn a few words of the Navajo tongue. The next day he returned, and the next, until it was plainly to be seen that the gay laugh and brown eyes of the girl had completely bewitched him. One day he came, bearing the ring I

have described, and shyly offered it to her, insisting that she must place it on her engagement finger, which she did, never dreaming that the boys, keenly watching from the bunkhouse, had put him up to it, telling him that was the way that white lovers did, and that once she put on his ring she was his by all the laws and customs of the white

When Cameron, who was away at the time, heard of it, he was furious stood for a full minute idly turning the ring in question upon the very tip of the little finger of his own large, sun browned hand. It was a splendid speciment of the Navato silversmith's art ness for her safety was a lover's jeal-ousy as well, affected not to believe him and declared her intention of keep-ing and wearing the ring. It was this ring that she kissed so tragically and

On leaving the ranch, for the first two or three miles the girl gave her top was set a turquoise as blue as a two or three miles the girl gave her summer sky-a stone precious to the pony an almost free rein. It was a glo-Navajoes—that among the tribe would have bought 20 ponies, a hundred sheep and squaws galore. Around the ring ran the most delicate and intricate carving, and the whole effect was at once unique and barbario. carving, and the whole effect was at once unique and barbaric.

The girl's hand was outstretched for the ring, and almost mechanically the man turned and dropped it into the upturned palm, saying as he did so: "Well, Miss Nell, I've warned you, and I'm sure if Mr. Hull were here that he'd feel just as I do. I can't go with you today, for I've got to go over the other side of the mountain to see if I can't find those lost horses, and won't be back till dark."

The girl, scarcely heeding his words, The girl, scarcely heeding his words, the sky, more like a mirage than a

find those lest horses, and won't be back till dark."

The girl, scarcely heeding his words, took the ring, and in a mock heroic sort of way kissed and slipped it on to her engagement finger, with a gleam of mischief in her eyes, at which Cameron, stung almost to madness, smothered a groan and strode across the porch, his spurs clanking on the floor, gathering up his hair rope as he went, until, reaching his pony, with one hand on the pommel of the saddle and the other on the pony's mane, he, in true cowboy style, leaped lightly into his seat without aid of stirrup and, bringing the coil of rope down on the snimmal's flank, went off down the line of wire fence on a dead run and soon turned out of sight around a low hill in the valley.

The girl watched him in silence until he was lost to view, when, with a gay langh, she turned into the room, saying: "Poor Cam! What fun it is to

Across the valley below her she could see the figure of a solitary horseman, which, after seanning for a few moments are from the home by noon to the heavy faced cook, who stood watching her from the door of the log kitchen, she rode off almost as fast as Cameron, but in a different direction.

Three months before these incidents took place George Hull had gone down to the little railroad station, some 30 miles from the ranch, to meet his wife's only sister, who was coming to spend the summer with them in Arisona, and from her first day she had taken to the life like a duck to water. She was a fearless horsewoman and never so happy as when out on the range riding

pleased with his attentions, seemed to delight in keeping him in a state of absolute misery by alternately raising him to the very highest planacle of happiness and anon dropping him down into the bottomless pit of despair. Deep down in her heart she knew he was her ideal, but she could not resist the temptation to coquette with and tease him.

Cameron had come west for his health some years before. Too hard application at college had seriously impaired his strength, and he had been ordered to live in the open air for several years. Letters of introduction to George Hull across the prairie until every sem-blance of human shape was dragged out of him, and her heart sank within her,

for she knew by some woman's instinct that he had realized she had been fooling him and was thirsting for revenge. Faster and faster they rode, and nearer and nearer he drew, till she could hear the "swish" of the rope through the air, and she crouched low over the saddle to offer as small a mark as possible, meantime praying for a deliverance which in her heart she little expected would come.

Cameron found his horses but a few miles out from the ranch, and, quickly and crawled and wormed his way down rounding them up, he started the to where the sides were high enough to bunch toward home on a sharp run, ar-riving there not long after Miss Steele to some distance from the road.

-as if by accident. Some three or four miles from the which extended for several miles in an to what cause she owed her delivercliff-or "rim rock," as it was more commonly called—over the wide valley spread out below it for miles and miles was unexcelled, and Cameron, knowing that Miss Steele must come up this cliff at one of two places, headed for the one he felt she would be most likely to take. As he drew near the edge of the mesa he left the trail and rode over to the cliff, and thinking perhaps to surprise a bunch of antelopes feeding quietly in the valley below him, as well as to prevent Miss Steele from first seeing hin should she chance to be below, he left his pony under a cedar, and, taking his 40.82 Winchester in his hand, carefully walked up to the edge of the cliff.

The road leading down to the valley ran close under the cliff and was lost to sight around a point of the mesa but a short distance to his right. Carefully scanning the prairie, he could see no one, but from the way three or four bunches of half wild borses were tear ing across the valley below him he felt satisfied that either she or some one else had started them, and concluded to wait a few moments.

to his throat, for it seemed as if he heard a woman's voice, borne upward from around the point to his right, and yet it was far more likely to be the almost human cry of a mountain lion taken at 12,000,000 pounds, or some or even the childish yell of some lone coyote, either of which could readily population. These figures do not, of be mistaken for a female voice in distress. As Cameron stood there, fairly holding his breath in his eagerness to catch the faintest sound from below, one moment assuring himself that his ears were at fault and the next so cerears were at fault and the next so cer-tain that it was a woman's voice that of May until the end of July, that he could scareely wait for its repetition gathered later being required for the in order that he could be sure which bees' own use, it will be seen how unway to go, once again there came faintly and yet stronger and more definite ers. Nor is this more than a fraction than before the cry of distress, and of the harvest which only awaits gathwas really sure from which quarter it valleys of the land of Tell.-Chambers' came there burst into sight around the Journal. point of the mesa, not a quarter of a mile away from him, but down in the valley, the figure of a girl on horseback leaning low over her pony's neck and urging him to his utmost speed on the road leading up to the cliff, while some 40 or 50 feet behind her, riding as hard as she, was the Navajo, Chatto, his head band gone, his long black hair streaming out in the wind, and whirling over his head in a great loop his rawhide reata.

It took Cameron but an instant to grasp the situation and see that the In-dian had tried to overtake the girl and, failing, meant to rope and drug her from her herse. He quickly saw also that, busied with his reata and not having a chance to use his quirt, his pony was falling slightly behind, for the Navajoes seldom wears spurs, and the girl was not sparing her pony's flanks, but was using her quirt at every jump. Cameron's first impulse was to spring down the cliff and run to her aid, but with a groan he realized that it would take him too long to do this, for it was only by careful climbing that one could get down the first 40 or 50 feet of the wall, and then the rest would be slow traveling at the very best. The race beiow him was in plain view now, and in
a few rods more they would pass out of
his sight in the little side canyon
through which the road led up to the
W. Skeat in Notes and Queries.

through which the road led up to the top of the cliff. To ride back to that place would take too long also, and the man quickly realized that it was no time for delay.

To kill a Navajo meant trouble for everybody around, for the whole tribe would take it up and wreak vengeance. would take it up and wreak vengeance upon any white settlers they could find; hence the settlers dreaded and avoided killing an Indian except in the last extremity. But Cameron knew that he could kill the Navajo's pony and save the girl. Throwing his Winchester over a rock on the edge of the cilff for a rest, estimating the distance at 600 yards and taking careful aim at the shoulder of the Indian's pony he sent a shot which sped fair and true to its mark. The pony, struck just behind the shoulder and shot through the heart, rolled headlong in the dust, sending the Indian sprawling full 20 feet away, but

Plening

Makes the food more delicious and wholesome

For an instant the Indian was stun- MAN A VEGETARIAN. ned, but evidently thinking his pony had fallen by accident he arose and started toward him. Cameron, however, was ready for this move. Presuming the Navajo would try to get to his rifle, which was slung in its holster and underneath the dying pony, and before Chatto had got half way to the animal, he sent a second shot, which struck be-tween the Indian and pony and showed him what caused the animal's fall. With true Indian instinct he turned

GRAHAM, N.C., THURSDAY, MARCH 30, 1899.

and ran in a sizgag way to disconcert Cameron's aim, to a ditch or wash near the road, into which he threw himself and crawled and wormed his way down

had gone. Questioning Mary as to the Meantime Cameron, not daring to direction she had taken, he struck off leave his coign of vantage until he Meantime Cameron, not daring again on the range in a course that he knew the girl was safely up the cliff, shrewdly judged would enable him to forced the Navajo to keep to cover by meet Miss Steele on her homeward way firing an occasional shot in his direction until, with a great sigh of relief, he saw her "raise the hill" at his left ranch the mesa he was crossing ended and stood up and waved his hat to her.

abruptly in a cliff some 200 feet down. Up to this time she had scarcely known unbroken line, with but one or two ance. All she knew was that a shot was places where an animal could get up or fired, and she heard no more thunder of lown. The view from the edge of this horse's hoofs behind her, but not being too sure of what it all meant she never drew rein nor spared her pony until she saw Cameron's manly figure on the cliff and knew that she was safe.

A few moments later a hysterical, sobbing girl threw herself from her saddle straight into the arms of the man who loved her and whom she now avowed she loved .- Will C. Barnes in San Francisco Argonaut.

Swiss Consumption of Honey. In no country in the world is honey used so generally as in Switzerland Throughout the country it is an article of daily consumption. At every hotel it is served with unfailing regularity, with the cafe complet. But the enor-mous demand has led to adulteration. and the purest honey is rarely found in the hotels. The ouvrier class consumes it most largely. With his bread and but-ter the workman always has honey. "It is healthy," he says truly. "It builds up the body—and it is cheap."

According to the most recent returns there are about 250,000 hives in the whole country, or one to every 12 in-habitants, and the yield of a frame Suddenly from far below came a habitants, and the yield of a frame sound that for an instant sent his heart hive often reaches 100 pounds of honey per season. The yielu from a "skep, however, is much smaller, so that, at an average of 50 pounds per hive, the honey harvest of Switzerland may be course, represent the actual ratio of consumption, as account must be taken of the amount consumed by the mul-

When it is remembered that the honresting is the energy of the little workthat voice Miss Steele's, and before he ering on the verdant hillsides and rich

Rounds or Rungs Any one who cares to look at my Etymological Dictionary or any mod-ern dictionary that gives reasona-ble etymologies will see that rung is the old and correct word for what is now called the round of a ladder. It occurs both in Langland and Chaucer. It is known to German, Middle Dutch, Icelandic, Anglo-Saxon and Moeso-Gothic and properly means "a spar." In Gothic it is used in Mark vi, 8, where the A. V. has "staff." Chancer distinguishes between the upright pieces of a ladder, which he calls 'stalks," and the crossbars, which he

There can be little doubt that round was substituted for rung by some one who fancied the former a more elegant word, but it is a very poor substitute, as it is not at all descriptive of a bar. To complete the elegance of the description he should have called the upright pieces semirounds, and the whole would have been perfect and compact. I believe that Shakespeare ("Julius Caesar," II, i., 34) is one of the earliest authors to use round for rung. If any one knows of an earlier example, i

Saving Money. Mrs. Billins-Is your son's wife economical young woman?

Mrs. Flabbus—I should say so. She
has induced him to let his whiskers grow so as to be able to get along with-ent neckties. —New York World.

Fishing For Anchors. that he one of the queer occupations of mansind save site over or a rest, so yards aboulder a shoulder a shoulder a shoulder a shoulder the hunters are as familiar with the nd where anchors are to be found as fishermen are with the favorite

> is most simple. A chain is let down in a loop long enough to drag along the bottom, and the receil goes on her way, with all hands on board slert for a bite. with all hands on board alert for a bite, and a bite usually ends in a catch.
>
> The recovered anchors are generally sold again at a price of about 5 cents a pound, which is a pumy under the market price for new anchors. A big anchor will weigh 5,000 pounds, so that the fishermen make \$250 out of it. More often, however, the anchors fashed up weigh from 1,000 to 2,000 pounds.

THAT, IT IS ASSERTED, IS WHAT NA-

TURE INTENDED. He Has Become an Omnivorous Ans

mal Artificially and, One Scientist Says, In Trying Hard to Become Looking at vegetarianism in the light

of comparative anatomy it is self evident that man was designed to be a vegetarian and nothing else. Quadrueds are divided into classes according to their foods, and with the single exception of man, no animal as a class has ever varied from the design of nature.

These classes are the carnivorous or fiesh eating, the fruit eating, the grass eating and the omnivorous. Each of these classes has distinctive organs adaptable to the digestion of the kind of food it eats and to no other kinds.

Man has artificially become an om-nivorous animal in spite of the fact that anatomically he is a fruit eating animal. It is an anusing and signifi-cant fact that the only typical omnivo-rous animal is the pig. Man is trying hard to be a pig. says Professor Leo Weiner of Harvard in Home and Gar-

The carnivorous animals all have short intestines, adapted only to the digestion of meat. They have only one tomach and could not digest grass as the cow does. Their teeth are all long and sharp, so that they can tear meat, but they have no flat topped teeth to grind vegetable foods as man has. It has been said that the so called

'canine" teeth of man are like those of the carnivorous animal, and that this is an indication that man is an omnivorous animal. This is not correct. These are not canine teeth, strictly speaking. To be sure, they are somewhat pointed, but they are flat also-flat and pointed, and not round and pointed, like those of the carnivorous animals.

The grass eating animals have several stomachs—from two to five—and long intestines, especially adapted to the digestion of grass. They have also flat topped teeth for grinding.

The fruit eating animals are the only

ones that resemble man. They have only one stomach and a medium length alimentary canal, half way between that of the carnivorous and the grass eating classes. The nearest animals to man are the monkey and the spe. They are fruit eaters. No meat eating animal in the world

has the borizontal movement of the lower jaw in eating as man has. This ture. These arguments on the physical side of the question prove primarily that man is not physically adapted to

From an economic standpoint it can easily be seen that man must sooner or later become a vegetarian. This is merely a question of time and a matter of room. The increase of civilization and of population gradually must do away with cattle raising because of the bsolute demand for land for cultivation. In time the demand for room will kill the industry entirely.

When we cat meat, we are eating the product of the earth at second hand. The vegetation has been eaten by the animal, and a large part of it converted into bone and tendon and wasted, and we eat only what is left and made into flesh.

To reduce the economic problem to figures, one acre of land which would

furnish enough flesh to support one man would furnish enough grain to support ten men. Thus, you see, when the increased population causes an in-creased demand for food and for land on which to raise foods, it will become necessary to raise that which is the most economic—in other words, that which will produce the most per acre. The hygienic argument you can obtain from any reputable physician, who will tell you that meat eating is heating to the blood, that it is especially a stimulant rather than a food and that there is great danger of the transmission of various serious diseases from animal to

Meat eating in the ideal stage is bad nough. If the animals that we cat were of the hunt. - Minorah Monthly. in all the health with which nature endows them, roaming wild and free over the open fields, with plenty of exercise and permited to choose of their own free will from the best of the various vegetable growths for their food, that would be one thing. But as civilization has advanced cattle are raised for nearly 6 years in eating and drinking the sole purpose of slaughter. They get 6 years in walking about, nearly 3 years in dressing. 1 year and 5 months in ill-

Tuberculosis, one of the most common and fatal of diseases among cattle, causes great destruction of human life by consumption. A spread of leprosy in Norway, Hawaii and the other fish eating countries is traced directly by scientists to the eating of fish. In this case, to be sure, it is thought that the enting of the fish raw instead of cooked is a conservative estimate of the time of the fish raw instead of cooked is to be sure, it is thought that the eating of the fish raw instead of cooked is what brings on leprosy, but the simple fact that the germs are there at all is

Strength.
"I see that the scientists have proved that a growing squash can lift 5,000 sounds."

younds."
"Whew! What couldn't an onion ifit?"—Indianapolis Journal.

Opportunity of a Lifetime.
Footelight—They say there is an egg famine in Hopokus.
See Brette—It's a wonder the management wouldn't play that town about now.—Youkern Statesman.

DeWitt's Little Early Ricers, One Minute Cough Cure, on

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Sold over 5,000,000 pounds last year for an average of \$7.57 per This is the highest average made by any market in piedmont Over \$1,260.00 paid out daily to farmers for tobacco during the

It is the best market in the State for the farmer.

Our Warehouses are large, commodious and up-to date, whose petors stand without a peer as slesmen of the weed.

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rade daily and must have tobacco.

We have the strongest corps of buyers in the world for the wa

We want more tobacco and must have it if high averages will Try us with your next load and be convinced of our merit.

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INSURANCE

I wish to call the attention of insurers in Alamance county to the fact that the Burlington Insurance Agency, established in 1893 by the late firm of Tate & Albright, is still in the ring.

There is no insurance agency in North Carolina with better facilities for placing large lines of insurance, that can give lower rates or better indemnity. Only first-class companies, in every branch of the business, find a lodgement in my office. With a practical experience of more than ten years, I feel warranted in soliciting a share of the local patronage. I guarantee full satisfaction in every instance. Correspondence solicited upon all matters pertaining to insurance.

I am making a specialty of Life Insurance and will make it to the interest of all who desire protection for their families or their estates, or who wish to make absolutely safe and profitable investment, to confer with me before giving their applica tions to other agents.

Very respectfully, JAMES P. ALBRIGHT, BURLINGTON, N. C.

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The Exercise Cure. There are wonderful stories allost about the cases effected by Dr. Gruby, though the medical fraternity decried him as a charlatan. His method was the simplest in the world. Instead of giving his patients a list of things which they were forbidden to eat he gave them a menu of the things which they might partake of, with small changes in that diet. He exercised a sort of mysterious influence upon his patients. He did not write out the pre-

to his patients. Nor did be permit any contradiction. "You need not write down what I dictate, but in that case you must not send for me. Retary Metion and Ball Ecuriogs, To a lazy man suffering with dyspe sia he gave the order "to eat an apple every morning under the Arc de Tri-emphe," or to drink a certain sort of Malaga wine which he was to purchase Easy Running, Quiet, Rapid himself, a bottle at a time, at a cer tain store. The man needed exercise, and he thus compelled him to take it: To a certain deputy he gave the advice. as the only means to save his life, to take several times a week the meat of an ibis. It meant that the deputy in question must take a trip to Egypt and to spend his time in going ibis shooting, thus enjoying the benefit of the Egyp-tian climate and the attendant exercise

How We Spend Time. A man with a taste for figures has been apportioning the life of a man who lives 70 years. He finds of that time a man spends nearly 25 years in bed, nearly 13 years each in work and play.

scriptions himself, but dictated the

in dressing. 1 year and 5 months in little or no exercise.

Any veterinary surgeon will tell you that animals kept without exercise will contract and propagate various diseases which are practically unknown to them in their wild state. They are artificially the first propagate in dressing. 1 year and 5 months in litters, the same in reflection, in gossip, and an equal amount of time is wasted.

There is about one hour a day which is wasted or given over to odds and put into our bodies.

The mere act of putting on one's shoes is not considered worth mentioning, yet in his lifetime a man of 70 spends five minutes a day, bours a year, or more than 12 But it is the appalling character of the disease in meat which frightens us. weeks of a lifetime! Who would want

need this way. If a person spends be an hour each day on his toilet, in years he will have devoted three yes to this duty; and as for women one hour is entirely too short a time to al-low them; three is nearer right.

"Give me a liver regulator and I can regulate the world," said a gen-ius. The druggist handed him a bottle of DeWitt's Little Early Risers, the famous little pills. J. C. Simmons, the druggist.



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and Durable.

It turns drudgery into a g The magic Silent Sewer. All sizes and styles of sewing mechines for Cloth and Leather. The best machine on carth

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