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WHAT IS REST?

Eminent Specialists Show Value of Exercise and Dangers of Fatigue.

That no consumptive can hope for a cure of his disease without following the most rigid routine with regard to rest is the conclusion of four interesting articles in the Journal of the Outdoor Life for June, by Professor Frederic S. Lee of Columbia University, New York, Drs. Lawson Brown and F. H. Heise of the Adirondack Cottage Sanatorium, Trudeau, N. Y., Dr. Joseph H. Pratt of Boston, and Will M. Hoess of Stevens Point, Wis.

Professor Lee, writing on the subject "The Physiology of Exercise and Rest," shows by experiments on dissected frogs the way in which exercise tires the muscles and, in fact, all the organs of the body. He says: "There is no known antidote to fatigue, unless it be rest, with all that rest implies. Sleep allows the reparative process of rest to be performed most quickly and completely. A moderate degree of fatigue, or a considerable degree when not too often incurred, is not detrimental to a healthy body and is even to be advised. The healthy body is provided with great recuperative powers, and does not rapidly succumb to even excessive demands on its energy. But it should be allowed the proper condition for recuperation, and that condition is adequate rest. There is danger when the fatigue of one day's labor is not eliminated before the next day's work is begun. The effects may then be cumulative, the tissues may be in a continued state of depression, and the end may be disastrous."

Drs. Brown and Heise in an article on "Properly Regulated Rest and Exercise in Pulmonary Tuberculosis," hold that the action of poisonous germs of the disease on the body is very similar to that of over-exercise. The poisonous irritation caused by the germs gives the organs and tissues of the body a double load to carry. They emphasize the importance of rest in the treatment of tuberculosis, but also insist that properly regulated exercise is very necessary. They state their conclusions thus: "Exercise when properly regulated and systematically graded is an important factor in the treatment of pulmonary tuberculosis. Through it the patient is in many cases returned to home and family with lessened chances of future relapse. At the same time part of his earning capacity is restored and he is consequently financially less dependent upon others, relieving him of much worry, expense and hardship."

Dr. Pratt, who was the founder of the first Church Tuberculosis Class in the United States in the Emmanuel Church in Boston, claims that in the treatment of tuberculosis absolute rest, often in bed, must be extended over a period of months, before the consumptive should take any exercise. He says, "Prolonged rest in bed out of doors yields better results than any other method of treating pulmonary tuberculosis. Patients will have a better appetite and take more food without discomfort and gain weight and strength faster than patients with active disease who are allowed to exercise. Complications are much less frequent. When used in the incipient stage recovery is more rapid and surer."

Mr. Hoess, who is himself a cured consumptive, and a writer of considerable prominence, holds that unless resting becomes a business to the tuberculous patient, he might as well give up his fight for health. "The period of infection with tuberculosis," he says, "is not a vacation. It is a twenty-four-hour-a-day job. True it is a period of idleness, but one of intelligent, directed idleness. The day's work should consist of

Items of News.

President Taft has appointed Phyllander P. Claxton, professor of education at the University of Tennessee, as commissioner of education, succeeding Elmer E. Brown, resigned. Professor Claxton was the first superintendent of the Asheville city schools and was afterwards on the faculty of the State Normal and Industrial College, Greensboro.

As a result of the automobile in which they were riding, Friday night near Greensboro, skidding, Mrs. Charles Roberson, Mr. and Mrs. W. B. Vaughn were thrown out and painfully hurt.

Intense heat, it is believed, produced an explosion at the Standard Powder Works, at Horrell Station, Pa., Wednesday, resulting in the death of four employees and the destruction of the works.

Damage claims against Mexico aggregating \$250,000 arising from the killing and wounding of several Americans in El Paso, Texas, during the battle of Juarez, have been filed with the State Department. The claims vary from a few hundred dollars each to \$25,000.

Thirteen deaths from the celebration of the Fourth of July was the total reported in the United States, according to figures compiled by the Chicago Tribune.

The nation-wide spread of the same Fourth movement brought fruit in the smallest number of celebration casualties ever recorded.

After lingering at death's door for nearly a month, Gen. Clement A. Evans, formerly commander-in-chief of the United Confederate Veterans, died at his home in Atlanta Sunday of Bright's disease. He was a native of Georgia and was 79 years old. At the close of the civil war, in which he served with distinction, Gen. Evans resumed the practice of law and later entered the ministry of the Methodist Church, in which he labored for 25 years.

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Representative Sisson, of Mississippi, has introduced a resolution in the House of Congress to inquire into the purchase of land lying between the capitol and new union station, the acquisition of which was authorized by Congress for avenue and parking purposes. It is said the price of the land has increased from about \$2,500,000 to \$8,000,000. Mr. Sisson particularly asked that the inquiry shall develop whether or not any member of Congress is now or recently has been interested in any of the property.

Itch relieved in 20 minutes by Woolford's Sanitary Lotion. Never fails. Sold by Graham Drug Co.

When the government's fiscal year closed Friday, June 30th, the Federal Treasury held a cash surplus of at least \$33,000,000. The Treasury showed an excess of all receipts over disbursements for the first time since 1907. The Treasury enters the fiscal year of 1913 with more than \$1,800,000,000 cash stacked in the vaults, the largest sum ever held there.

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Rudolph Melton, a brakeman on the Yadkin branch of the Southern railway, suffered an accident at Norwood Thursday, as a result of which both legs were cut nearly off.

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Because he wrote a criticism reflecting on a decision of the recorder's court of Reidsville, Elder L. H. Hardy, a Primitive Baptist minister, was hauled to court to show cause why he should not be fined for contempt of court.

To Cure a Cold in One Day.

Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Grove's signature is on each box 25c.

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Farmers' Institute at Elon College.

Elon College, July 4th.

Extensive preparations are being made for the reception of the Farmers' Institute which is to be held here Wednesday, July 26th. A number of prominent speakers are expected and it is earnestly hoped that all the farmers in the immediate vicinity will be on hand. Topics of practical and general importance will be discussed and it is believed that much good will result from these meetings. Be on hand and bring a full dinner basket with you. A profitable and good time is assured.

Mecklenburg farmers estimate that on account of the drought the cotton crop in that county will be about one-half.

Six prominent South Carolinians were thrown from an automobile near Lexington Wednesday and suffered severe cuts and bruises. Machine was running 30 to 50 miles an hour.

Chas. Presley, a Bell telephone line man, struck a live electric wire while at work at Spencer Wednesday evening and was thrown some distance to the ground, severely burned and bruised. He may recover.

Lee Sigman, baggage master of the Southern and Carolina and Northwestern railroads at Hickory, disappeared from Hickory Sunday night. The reason for his going is unexplained.

There is an agitation in Asheville to have the city and county of Buncombe buy a pair of bloodhounds at a cost of \$700 to \$1,000.

A heavy storm in Elkin vicinity Monday evening, last week, did considerable damage to property in the vicinity. At Roaring Gap a little daughter of Mr. H. G. Chatham was rendered unconscious by lightning and others were shocked.

Special Policeman Silas Robinson killed a negro at Blewitt Falls, Anson county, Monday night, a week. According to the evidence, the negro was attempting to shoot the officer when the latter fired. The officer was exonerated by the coroner's jury.

The North Carolina Rural Letter Carriers' Association, in session in Winston on the 4th, decided to meet in Asheville next year. C. H. Edward, of Roberson, was elected president. Senator Simmons addressed the convention by invitation.

At Virgil, Watauga county, Sunday evening, a week, Lester Watson shot Edgar Hardin, inflicting serious if not fatal injury. Watson escaped. He accused Hardin of "talking against his folks getting the postoffice." Hardin denied that he had said anything but Watson shot him twice.

The Newton Enterprise says that Rev. Paul Bishoff, pastor of the Lutheran church at Conover, died Monday night a week about 11 o'clock of heart disease, from which he had suffered for a number of years. He was 35 years old and a native of Fort Wayne, Ind.

Lightning struck an outhouse on the plantation of Mr. Andrew Scroub, four miles from Cherryville, Gaston county, Tuesday afternoon, last week, killed Miss May Coester, 18 years old, and severely injured Messrs. Sylvanus Manney and Mr. Charley Neil, all of Cherryville. Other members of the party, which numbered about 20, were shocked but none seriously. A horse driven by the party was also killed. The young people were attending a picnic and when overtaken by a storm took shelter in an outhouse.

Chas. Betchler, aged 30, was killed by a freight train at Reidsville Monday a week. He had been at work in a cotton mill and it is said he was trying to board the train.

Ambitious young men and ladies should learn telegraphy, for, since the new 8-hour law became effective there is a shortage of many thousand telegraphers. Positions pay from \$50 to \$70 a month to beginners. The Telegraph Institute of Columbia, S. C. and five other cities is operated under supervision of R. E. Officials and all students are placed when qualified. Write them for particulars.

A collision between an automobile and a trolley car at Warwick, R. I., Tuesday afternoon, last week, resulted in the death of three ladies in the automobile and the injury of two other occupants of the machine.

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In Kershaw county, S. C., last week, McRay Kirkland, aged 65, was shot and killed by Willie Kirkland, his son, aged 23. It is said the elder Kirkland drove his wife from home at night and she took refuge at the home of a neighbor. Next morning Kirkland drove to the home of the neighbor and seizing his wife threw her into the buggy. The son interfered and the shooting resulted.

The remains of Col. John Green, of Revolutionary fame, a member of the staff of General Washington, and also the remains of his wife, buried at Liberty Hall, Culpeper county, Va., were exhumed last week and transferred to Arlington cemetery, Washington. A monument is to be erected over the grave by the descendants of Colonel Green and impressive military exercises will mark its dedication in the autumn.

As a result of a meeting of the railroad men held recently in Spartanburg, S. C., definite arrangements have been made whereby the Carolina, Clinchfield and Ohio railway will be leased by the Chesapeake and Ohio, and the Seaboard Air Line. This means through trains from Chicago, Cleveland, Pittsburg and intermediate points of the middle West via the Chesapeake and Ohio, Carolina, Clinchfield and Ohio, and the Seaboard Air Line, to points in the South through to the Gulf. The Clinchfield road will be extended from St. Paul, Va., 40 miles to Elkhorn City, Ky., where connection will be made with the Chesapeake and Ohio. The Seaboard Air Line already connects with the Clinchfield road at Bostick, N. C.

Winston Sentinel, 27th ult.: A white man by the name of Huett, who is from Catawba county, was in the city today, accompanied by his brother, and was placed in the county jail a short time on account of insanity. He was brought here from Ohio by his brother, and Deputy Sheriff W. H. Hauser accompanied the two to Newton today to look after the man. He seemed to have the idea that he was living on board the battleship Maine and he accused the deputy sheriff of having been implicated in sinking the vessel.

A married woman in Louisiana cannot even own an automobile paid for with her own money, without its being subject to attachment for her husband's debts. A decision holding this view was handed down by Judge King, who sustained an order of attachment filed against Mrs. Walter J. Durand's automobile to satisfy a claim of \$191 against her husband.

A dispatch from Port Arthur, Tex., says at least two deaths and property damage estimated at \$300,000, resulted from a mysterious explosion aboard the oil barge Humble, Monday morning. The Humble and the tug John I. Brady burned to the water's edge and sank, two other barges were damaged and three concrete warehouses of the Texas company, containing 10,000 barrels of oil, were destroyed. Capt. Frank Weber, of the Humble, one of the dead, was standing on the forward of the barge when the explosion occurred. His body was blown high in the air, and falling back into the burning vessel was consumed.

Tim Holderness, convicted April 4, 1909, of murder in the second degree of Dr. E. W. Smith, a traveling man of Richmond, Va., in Raleigh, and sentenced to ten years in the pen, has been pardoned.

Four foreigners, employees of the Wacamac Lumber Co., were killed Wednesday in an accident on a tram road in Brunswick county.

Tom Browning, white, serving a term on the Durham county roads, attempted to escape Wednesday and was shot by one of the guards. His wound does not yet appear to be serious.

A monument to the memory of J. A. MacGhan, an American journalist whom the Bulgarians call their "Liberator," was unveiled at New Lexington, O., on the 4th. MacGhan distinguished himself as a newspaper correspondent in the Russo-Turkish war, one of the results of which was the liberation of Bulgaria from Turkish rule. MacGhan succeeded in conjunction with Arthur Forbes in arousing Europe to the point of putting an end to the Bulgarian atrocities.

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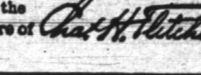
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Through Pullman to Washington leaves Raleigh 6:50 p. m. arrives Washington 8:55 a. m., Baltimore 10:02 a. m., Philadelphia 12:28 p. m., New York 2:31 p. m. This car makes close connection at Washington for Pittsburgh, Chicago, and all points North and West and at Greensboro for Through Tourist Sleeper for California points, and for all Florida points.

Through Pullman for Asheville leaves Goldsboro at 6:45 a. m., Raleigh 8:35 a. m., arrives Asheville 7:40 p. m., making close connection with the Carolina Special and arriving Cincinnati 10:00 a. m. following day after leaving Raleigh, with close connection for all points North and North-West.

Pullman for Winston-Salem leaves Raleigh 2:30 a. m., arrives Greensboro 6:30 a. m., making close connection for all points North, South, East and West. This car is handled on train No. 111 leaving Goldsboro at 10:45 p. m.

If you desire any information, please write or call. We are here to furnish information as well as to sell tickets.

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