

Sole Agencies---Exclusive Control!

WE ARE SOLE AGENTS

For some of the Most Desirable Articles of Merchandise. We sell HAMILTON-BROWN SHOE COMPANY'S FACTORY-MADE SHOES. We sell Thousands of Pairs of these Shoes annually. THEY GIVE SATISFACTION---EVERY PAIR GUARANTEED. For Boys and Girls buy SECURITY SCHOOL SHOES, they wear a long time, you receive value for every penny. For Ladies wear buy "AMERICAN LADY," "PICNIC," and "WATCH US." For men buy the "LION" at \$2.00, or "AMERICAN GENTLEMEN" at \$3.50. The CELEBRATED DOUGLAS SHOES FOR MEN---you get more correct style and good wear for the price than any other make of shoes. THEY ARE GUARANTEED and OUR TRADE INCREASES ANNUALLY on THEM. We have customers that have kept shod with Douglas Shoes for the last 15 years and they are our strongest Friends as shoe customers. See them at \$3.00, \$3.50 and \$4.00.

Clothing for Men, Boys and Children.

We sell the great SNELLINGBERG CLOTHING COMPANY'S NEW YORK and PHILADELPHIA LINE of GOODS. They make great Claims for their make of Clothing and their claims well founded. You will find correct styles as to Cut, Trimmings, and general appearances. We sell CHILDREN'S SUITS \$1.00 to \$6.00. BOYS' SUITS \$4.00 to \$12.00. MEN'S SUITS \$4.00 to \$20.00.

Visit Our Furniture Department,

ON THE SECOND FLOOR. Pretty line, Reasonable Prices. Bed Room Sets, Lounges, Couches, Iron Bedsteads, Baby Carriages, Baby Cradles, Gunn Sectional Book Cases. FELT MATTRESSES \$5.00 to \$15.00. CARPETS at 25 cents to \$1.00 PER YARD. ART SQUARES \$5.00 to \$25.00 EACH. PICTURES for PARLORS, SITTING ROOMS, ETC.

In Our Dry Goods Department,

You can find the proper DRESSGOODS, SILKS, VELVETS, LACES, TRIMMINGS, LADIES UNDERWEAR, HOSIERY, ETC. We show ENGLISH JACKETS at \$1.98. LONG MANISH COATS at \$3.89. LADIES' RAIN COATS \$2.50 and \$5.00 Many of the latest styles of Coats and Cloaks.

The Millinery Department.

IS REALLY CROWDED WITH BEAUTIFUL FALL AND WINTER MILLINERY. Come to see it. We offer Style and Quality at Reasonable Prices.

Stoves and Heaters.

We are sole Agents for RICHMOND STORE COMPANY'S COOK STOVES and HEATING STOVES. We will receive another Full Carload of these goods on October 16th. We have an assortment now in Stock, but will have, after that date, a Stock unequalled and unsurpassed. SEE OUR COOK STOVES at \$8.00, 10.00, 12.00, 15.00 and 20.00. See Our AIRTIGHT HEATERS at \$1.50, 2.00, 2.50, 4.00, 5.00 and 7.50.

Crockery, Glassware, Etc.

Don't forget that we carry a great line of CROCKERY-WARE, GLASSWARE, etc. and that we sell a CHINA SET of 100 PIECES for \$10.00. 46 PIECES for \$5.00. 10 PIECE CHAMBER SETS \$2.50.

Our Grocery Department.

Remember that we sell the real good Wheat Flour---perfectly satisfactory goods---"ROB ROY"---Finest Michigan Patent. "OBELISK," the famous Kentucky Flour. Our Grocery Department will not disappoint you.

Wagons, Builders Supplies, Etc.

Farmers, get your next Wagon from us, we sell "THE GREGORY" two-horse wagons and "OUR KING" one-horse wagon, both made by the Chase City Manufacturing Co. EVERY PIECE OF EVERY WAGON GUARANTEED. Don't forget our ANCHOR BRAND LIME---said to be the best made, and OUR PORTLAND CEMENT.

We can only call attention at random, to a few of the Splendid Articles of Our Stock, but as we have said before, we rarely fail to Please a Customer.

Please come to see us, or rather to see and inspect our Goods. Our goods cover the most of requirements of human needs. We begin with Baby Cradles and end with Burial Caskets. Again we say COME. With thanks for present liberal patronage, we remain,

Caldwell & Carlyle,

L U M B E R T O N ,

N. C A R O L I N A .

North Carolina Text Books to Have Lesson in Tuberculosis.

The state text book commission when it adopted the books to be used in the North Carolina public schools stipulated with the publishers, J. B. Lippincott Co., that the text books on physiology and hygiene should contain a special chapter on tuberculosis. This was agreed to by the publishers.

It is a step in advance of other States and its importance is manifest. This chapter, which is numbered 13, in the "Second Book of Physiology," is given here:

Consumption, or pulmonary tuberculosis, as it is scientifically called, is the most fatal of all diseases, being the cause of about one-seventh of all deaths in the civilized world. Everyone should know something about it, for by knowing a few simple facts it is easy to protect yourself from catching it if you come in contact with it, and to protect others if you have the disease yourself. Consumption is contagious, but it is not very much so. It is not contagious in the same way as measles or scarlet fever. In these diseases the germ of the disease floats in the air near the sick persons and if you come in contact with them you are very apt to catch the disease. This is not the case with consumption unless the sick person is very careless in spitting, for the germ of consumption is lodged in the lung and is confined there, except when the patient coughs and spits it up.

Consumption is caused by a very small germ called the tubercle bacillus. It is so small that even when you put it on a slide under a microscope and magnify it five hundred times, it looks like a mere tiny beaded thread. If

you magnify a little baby five hundred times he would be about as tall as the Washington monument at the national capital. So you see how very small the tubercle bacillus is. Isn't it strange that such a small thing should cause such a terrible disease? But it does this because it grows steadily in the lungs and multiplies itself a millionfold. It also produces a poison called toxin, which circulates in the blood. By weakening the normal resistance of the lungs, it also furnishes a fertile soil for other germs which come to join it. These other germs are the cause of colds and coughs and gripes. Then when the disease is advanced, the tubercle bacillus and these other germs give rise to the symptoms of consumption, which are cough, fever, and night sweats, and great loss of flesh and strength.

Now, when you think that this terrible disease can be prevented by a little care on the part of the consumptives, isn't it a pity that they do not all know this and stop the spread of the disease? What must a consumptive do to protect others from catching the disease? Just one little thing---he must be scrupulously clean.

As long as this spit, or sputum is moist the germs cannot float into the air to be breathed by some one else. Therefore, the consumptive should in one way and another so care for his sputum that it can never become dry before it is destroyed---best by burning.

When in the house he should be particularly careful never to spit on the floor, or walls, or bedclothes. The best way is to spit directly into the open fire, if there be one, or into a paper box

or on paper handkerchief, or bit of rag, so that it can be burned in the stove before it gets dry. If a spittoon should be used it must have an antiseptic solution; or at least water, in it, to keep the sputum moist until it can be burned or buried. This indoor care is very important, because consumption is nearly always caught in a house infected by the germs from a case that has been careless about his sputum. A house in North Carolina was occupied by a white family of eleven, the father having consumption. He and his wife and eight of the nine children died of it. Later it was occupied by a consumptive colored woman. About three months after her death a family of ten strong, healthy colored persons took possession and every one of them died of consumption.

If a consumptive lives in a city or town, he should never spit on the sidewalk, but into a spit-box, or at least into the gutter. If he lives in the country he should never spit directly into the path, but on the sides into the bushes or weeds. When a consumptive coughs, sneezes, laughs, or talks loud, if near another person, he should always turn his face away and hold a paper handkerchief, or rag, or even his hand if he has nothing else, before his mouth. The fine mist or spray, thrown into the air by these acts, contains the germ of the disease.

A consumptive taking these precautions is not dangerous to those who come in contact with him.

Of course he should sleep alone in a nice airy sunny room. Sunlight kills germs. He should avoid kissing even his own children or sisters or brothers, because of the tubercle bacilli that may be on his lips. The consumptive, too may thus catch a

cold or an influenza from others for some cold and other acute inflammations of the nose and throat and air passages are contagious. These are dangerous to the consumptive, because they aggravate his disease. You must always remember that colds are very bad for consumptives and make their condition much worse.

Consumption, as you know, affects grown people by attacking the lungs, but it affects children differently. Very few children have consumption of the lungs, in them it attacks the glands. There are little chains of glands running all through the body. In healthy children they are small and soft, and you cannot feel them, but when they become diseased they become enlarged and hard, and you can feel them, and even see them when they get big enough. The place where they are most easily felt is in the neck and under the lower jaw, and also in the arm-pits. In these places they are most superficial, that is nearest the surface and just under the skin. When these glands are enlarged you can be sure that the deeper ones in the chest or thorax, and in the abdomen where you cannot feel them are also enlarged. There are many other things than the tubercle bacillus which enlarge the glands. Any infection or inflammation may do so, so that not every child who has enlarged glands or "kernels" in its neck has tuberculosis. Still, enlarged glands are always suspicious, for healthy children do not have them; and if they are present you should go to a doctor and have him examine your chest and watch you as you grow up. For if the glands are enlarged from the presence of tubercle bacilli in them, there is always danger of the bacilli reaching the

lungs when you grow up and giving you consumption. The bacilli reach the lungs by getting into the lymph and blood currents and being deposited in the lungs, where they find everything favorable for their growth and development.

We know much more now than we did a few years ago about the treatment of consumption. We know now that it can very often be cured or the process stopped. The earlier the disease is discovered and the less inroads it has made in the lungs, the better is the chance of getting well. Therefore it is important that all doctors should examine their patients carefully in order to discover the disease before it has gained much headway, for the moment tubercle bacilli have lodged in the lungs and started to grow, they give rise to symptoms and signs in the chest, which, while very slight at first, can be readily recognized by a skilful doctor. That is what the doctor is for, and that is what he is doing when he listens to your lungs and thumps your chest when he examines you. He can tell by the changes from the normal sound that something is wrong, and just what that is and how far the disease has gone. He can tell by feeling your neck whether your glands are enlarged, and so be ready, if they are, to prevent the spread of the disease to your lungs.

Children and grown people who are thin and in poor health, and who have cold and coughs and sore throat, are more likely to take consumption than others. They have not as much strength to resist the disease. Therefore you should keep yourself as well and strong as possible. You should eat well and drink much fresh milk; sleep well and long and be out-of-doors as much as possible. Exercise is good for you,

too, if you do not take too much of it. Everyone should exercise according to his strength. Deep breathing and chest exercises are good for you, particularly if your chest is narrow and flat, or undeveloped, but they are not good for you if you have consumption of the lungs. You should not get your feet wet and should protect yourself from catching cold. Thorough ventilation of the bed-room is of the greatest importance---the more so in proportion to the number occupying it. Overcrowding is very bad for the health. One or more windows should be kept open day and night. Cold pure air is much more healthy than warm foul air. People who sleep out-of-doors all the time rarely have colds.

After the disease is once contracted the treatment follows along these lines. The important thing is to preserve your strength. So you will have to sleep with your windows open or even out in the fresh air; you will have to take eggs and milk and good meat in order to retain your strength; and you will have to rest and be very quiet, in order that all this good food, fresh air, and sunshine may make you so strong as to be able to throw off the disease. Medicines are of very little use in consumption. They cannot effect the tubercle bacilli, which are too hardy to mind any drugs. That is the reason you must burn them alive when they come up in the spit. However, if you follow out the treatment under a good doctor and your disease is not too far advanced, you will get well. You will never, however, be quite as strong as other people and you will always have to take care not to catch cold and not to tire yourself too much. The care you will have to take will

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