

# THE ROANOKE NEWS.

Advertising Rates Made Known on Application.

A NEWSPAPER FOR THE PEOPLE.

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NO. 13.

## WATER FOR HEALTH.

When and How Taken to Obtain Beneficial Results. Three Parts Consumed in 24 Hours—Cases of Kidney Trouble Attributed to Lack of Observing This Caution.

How and when and where we drink water seems to most of us such an unimportant part of our daily existence that we really give the matter very little thought. It seems so much like something for nothing that we neglect what is really not a preventative of, but a panacea for, many ills.

A beginning of kidney troubles lies in the fact that people, especially women, do not drink enough water. The few general hints I am giving are well worthy of consideration.

Try to drink as little water as possible with meals, but take a glassful about half an hour before eating. This rule alone, persisted in day after day and month after month, will improve the general health and the complexion likewise.

Water taken with meals should be sipped as well as taken sparingly. Ice water should be taken as seldom as possible, never would be a better rule. And the habit of putting chipped ice in the drinking water is to be avoided, as one never knows what may be taken in the stomach through this medium.

The better way is to fill bottles with water and allow them to stand beside ice to chill.

Tests which have been made show that one gill of ice water, which means an average tumblerful, poured hastily down the throat reduces the temperature of the stomach so that it takes it more than half an hour to regain the heat it has lost.

Cold water, sipped slowly, will quench the thirst and not cause such a result.

When in doubt about the purity of the drinking water, the following simple test can be made: Pour a pint into a perfectly clean bottle, cork it securely and allow it to stand five or six hours. Instantly on withdrawing the cork smell the contents. If it has an unpleasant odor, beware.

The most important things to remember about drinking water are: First, be sure that it is pure; second, drink generously before meals, but sparingly with them; third, avoid chilling the stomach with ice taken hurriedly and in large quantities.

As to hot water, there is no end to the good that may be acquired through this simple remedy. Cold-blooded people, who have little thirst, will do well to make a business of drinking a certain amount of hot water every day throughout the winter season. It lessens the tendency to take cold and improves the circulation. Before going to bed is a good time for this, as it warms up and relaxes the system, thus preparing the way for a good night's sleep.

Many causes of indigestion, headache, neuralgia, cold hands and feet can be quickly cured by drinking slowly one or two pints of water so hot that it almost burns the throat.

This reward is offered because certain unscrupulous persons make false statements about these remedies. It is understood that this reward applies only to goods purchased in the open market, which have not been tampered with. Dr. Miles' remedies cure by their strengthening and invigorating effect upon the nervous system, and not by weakening the nerves.

Consider that there are no better remedies put up than Dr. Miles' Nervine, Anti-Pain Pills, and Nerve and Liver Pills. We have used them for years, and recommend them to many others. My wife is using the Nervine, and considers it the best medicine in the world. A lady friend of mine, who was almost a total wreck, through my earnest solicitation, has used several bottles of the Nervine with wonderful results. Wm. C. Croft, Salt Lake City, Utah.

Dr. Miles' Anti-Pain Pills are sold by your druggist, who will guarantee that the first package will benefit. If it fails, he will return your money. 25 cents, 50 cents. Never sold in bulk. Miles Medical Co., Elkhart, Ind.

## LONG-LOST THINGS.

When the day grows old, and its cares and crosses Are lost with the phantoms of yesterday, When we turn from the melody of gains and losses, And seek for the quiet homeward way, Then, borne on the fleetest of fancy's wings, Comes a rapturous vision of long-lost things.

I hear the warbler's trill in the hedges,  
The quail's "bob-whine" from the clover hill,  
I know the prairie notes from the ledges,  
To the tinkling chime of the meadow rill,  
I know it all, yet I vainly long,  
For that sweet-voiced silence and wayward song.

I can see the sunlight, shining, shifting,  
Through the tangled boughs by the river bank,  
The elm and willow, tenderly lit;  
The woodbine petals, with shower-dews dank,  
The fragrance and sweetness come, clear and free,  
Yet I want to listen and touch and see.

I know how the wheat fields wave and ripple—  
A verdant sea—to the ebb and flow  
Of the summer breeze; how the may-weeds supple  
The rich green carpet spread below.  
I can see the wave and the white gold gleam,  
But my heart cries for more than this waking dream.

I know how the myrtle shades are steeping  
The vales and hills in a strange, sweet peace,  
How the spirit of slumber her watch is keeping,  
How the sundown glow will grow dim and cease,  
O'er my canvas the perfect picture steal,  
Unmarred by the rough, rude touch of the real.

I've been thinking of the day that has long since passed away,  
When my mother, through sickness, drooped and died,  
And the still and silent room when they laid her in the tomb,  
I remember that hour bitterly I cried,  
I, but a boy, was then, my age was scarcely ten,  
And with sorrow I had grown thin and pale;  
When the home had to be sold, I cried with grief untold,  
"Oh, save my mother's picture from the sale!"

My mother's face, that dear old face—  
Her loss I ever shall bewail,  
Don't break an orphan's heart,  
With that don't make me part;  
Oh, save my mother's picture from the sale!

The auction day came round, with mirth the room did sound,  
The things I loved so well soon passed away,  
The chair in which she sat, and in which she liked to chat,  
They all went into stranger's hands that day,  
The table where I played, the cot in which I lay,  
All passed away like chaff before the gale;  
But when the end came near, I cried with piteous fear,  
"Oh, save my mother's picture from the sale."

The picture room was passed, and questions they were asked,  
A price was bid for it just here and there;  
And tears streamed down my face, I could scarce keep in place,  
When I saw the picture pass without a care,  
But the angel of a girl, with a mass of golden curls,  
Who was struck to see my face so sad and pale,  
Outbid them all, you see, and presented it to me,  
And saved my mother's picture from the sale.

Warning  
If you have kidney and bladder trouble and do not see Dr. Miles' Kidney Pills, you will have only yourself to blame for its cure, as it is the only medicine of its kind for kidney and bladder troubles.

Men think they can fool some women all of the time and all women some of the time, but as a matter of fact they can't fool any of the women any of the time.

Hay Fever and Summer Colds  
A victim of hay fever will experience great benefit by taking Miles' Hay Fever and Cough Syrup, which is a most effective remedy for all cases of hay fever and summer colds.

Ten Years in Bed  
"For ten years I was confined to my bed with disease of my kidneys," writes R. A. Gray, J. P., Oklahoma, Ind. "It was so severe that I could not move, not of the time. I consulted the best medical skill available, but could get no relief until I used Miles' Kidney Pills, which were recommended to me. It has been a God send to me."

A Minneapolis insurance man has been sent to jail for three years. His policy was not good.

FOR OVER SIXTY YEARS  
MRS. WISLAW'S FOOTING SYRUP has been used for over 60 years by millions of mothers for their children while teething, with perfect success. It soothes the child, softens the gums, allays all pain, cures wind colic, and is the best remedy for diarrhoea. It will relieve the poor little sufferer immediately. Sold by druggists in every part of the world. Twenty-five cents a bottle. Be sure and ask for "Mrs. Wislaw's Footing Syrup," and take no other kind.

When a woman marries a man's troubles begin.

## HOW TO BE POPULAR.

Always Be on the Watch for Slight and Insults, and Be Gloomy, Silent and Moody.

Never hesitate to talk about yourself and affairs. This will interest everybody.

Do not fail to throw cold water on other people's plans and to discourage their ambition. Nobody is sensitive about this.

Be sure to dwell upon the defects and failings of others, and call everybody's attention to them. Everybody likes gossip.

Never try to stop gossip, no matter if it does drive an innocent person insane or to suicide. There is no reason why you should be deprived of a little innocent pastime just because of others' sensitiveness. Pass the gossip along.

Always be on the watch for slight and insults. Remember most people are your social superiors and are trying to cut you.

There is nothing which will endear one to others like selfishness. Everybody admires it.

Always take the best seat wherever you go, and after you are well seated offer your seat to others without the slightest intention of getting up.

Just look out for your own comforts. Let other people do the same.

Never do anything that you do not feel like doing.

Never try to force your moods. Let them take care of themselves. Nobody will mind if you get into a rage, or nag or scold, or if you have the "blues." It is pleasant to have gloomy, silent, moody people with long faces around the house; it is so uplifting to everybody.

It is much pleasanter to let other people entertain you than for you to entertain them. They are not much interested in their own affairs. They see so much themselves they get tired of their own company. They would much rather talk about your affairs and what you are doing.

Do not talk unless you feel like it. Just get in a corner and read, or be down and take a nap. Let some one else entertain the guests.

Do not bother about trying to be agreeable at the breakfast table. Just hide yourself behind your paper, find fault with the food and snip at the servants.

To be popular with the servants, vent your spleen upon them at every opportunity. Find fault with everything they do for you at home or anywhere else. They are servants and used to it. They have no business to be thin skinned.

BIRD IN THE HAND  
On a cabbage patch owned by a negro in a Southern community was found. Speculators offered the negro \$20,000, which was accepted without waiting to consider another proposition, said to be worth \$40,000.

"What is this about your cabbage patch?" inquired a neighbor of the negro. "I understand you have sold it for \$20,000?"

"Yes, that's true, boss," replied the negro. "You see, men come picking round my place, an' dey say dey'll buy it. Dey say, 'We give yo' \$20,000.' I say, 'All right.'"

"I am told if you had waited a day or two you might have sold it for \$40,000."

"Yes, dat might be so, but a bird in the han's th' nobles' work of God!"

## DOES EDUCATION PAY?

Success Magazine Says It Up As Follows:

Does it pay to make life a glory instead of a grind?

Does it pay to open a little wider the door of a narrow life? Does it pay to add power to the lens of the microscope or the telescope?

Does it pay to know how to ride the dry, dreary drangery run of life?

Does it pay to take the exhibition of feeling one's power on hand? Does it pay to push one's nose further out in order to get a wider outlook on a clearer vision?

Does it pay to learn how to get at one's mental force, direct it? Does it pay to acquire a character of wealth, a soul property, which no disaster or unfortunate circumstance can ruin?

Does it pay to have expert advice and training, to have ideas held up to one of the most critical years of life?

Does it pay to make life long friends with bright ambitious young people many of whom will occupy high positions later on?

Does it pay to become familiar with all the lessons that history and science can teach us as to how to make life healthy and successful?

Does it pay to become an enlightened citizen, able to see through the political sophistries of political claptrap and vote intelligently on public matters?

Does it pay to experience the joy of self-discovery, to open up whole continents of possibilities in one's nature, which might otherwise remain undiscovered?

Does it pay the sculptor to call out from the rough marble the statue that sleeps in the block, and which shall tell the story of heroism and greatness to unborn generations?

Does it pay to have one's mentality spurred by the passion of expansion, to feel the tonic of growth, the indescribable satisfaction which comes from the consciousness of perpetual enlargement?

Does it pay to have our years filled with the most delightful associations with cultured people at an age when ambitions and high ideals have been dulled or shattered by disappointment, or the unshaken faith in humanity shocked by villainous perversities?

Habit-forming Medicines.  
Whatever may be the fact as to many of the so-called patent medicines containing injurious ingredients, as usually published in some of our newspapers, the fact is that the public has not given attention to this subject. It has in a considerable measure resulted in the loss of money and health, and in the case of some of the most injurious ingredients, the loss of life.

Choice  
ROSES!  
Catherine, Vines and other flowers, always on hand. Flower Wedding Bouquets, Handmade Floral Designs, Pot and out door bedding plants, Tomatoes, Cabbages and other Vegetable Plants, Magnolia, Oleander, pom-pom carnations. Write phone or telegram.

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WELDON, N. C.  
Practices in the courts of Halifax and adjoining counties and in the Supreme court of the State. Special attention given to collections and receipt returns.

## DO YOU GET UP WITH A LAME BACK?

Kidney Trouble Makes You Miserable.

Almost everything will make the most painful case of the so-called "lame back" if you have kidney trouble. Dr. Williams' Pink Pills for Pale People will cure it.

Dr. Williams' Pink Pills for Pale People will cure it. It is the most powerful medicine ever discovered for the cure of kidney trouble. It will cure you of all the troubles that come from kidney trouble, such as backache, rheumatism, neuralgia, and all the other troubles that come from kidney trouble.

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**CASTORIA**  
For Infants and Children.  
The Kind You Have Always Bought Bears the Signature of *Dr. J. C. Mitchell* in Use For Over Thirty Years **CASTORIA**

**McDUFFIE'S**  
TASTELESS CHILL CURE.  
TURPENTINE AND MUTTON SUET LUNG PLASTER.

**Ayer's Pills**  
Act directly on the liver. They cure constipation, biliousness, sick-headache. Sold for 60 years.

**BUCKINGHAM'S DYE**  
Want your moustache or beard a beautiful brown or rich black? Use

**The Bank of Weldon**  
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State of North Carolina Depository, Halifax County Depository, Town of Weldon Depository.  
Capital and Surplus, **\$36,000.**

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VIRGINIA DARE (White Scuppernon) POCAHONTAS (Red Scuppernon)  
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**Grove's Tasteless Chill Tonic**  
Has Stood The Test 25 Years  
No-Cure-No-Pay. 50 cents.

**\$5,000 Reward**  
will be paid to any person who can find one about of opium, chloral, morphine, cocaine, ether or chloroform or their derivatives in any of Dr. Miles' Remedies.  
This reward is offered because certain unscrupulous persons make false statements about these remedies. It is understood that this reward applies only to goods purchased in the open market, which have not been tampered with.  
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