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NO. 9.

LAUGHTER AND DIGESTION.

Spring Waters, Mountains or Sea Air, Often Get a Great Deal of Credit Which is Due to Recreation.

That a normal mind is really a basis for good digestion is shown by the remarkable sensitiveness of the digestive process to mental conditions. Sudden sorrow, bad news, disaster, great loss of property or friends, great disappointments not only arrest all the digestive processes but even suspend the formation of the gastric juices. It has been shown that when the gastric follicles are distended and the gastric juices flowing freely from them, when one is hungry and eating with that relish, on the receipt of bad news they become parched, dry, feverish, and food will remain in the stomach for many hours with the digestive processes absolutely suspended.

The digestion seems to be dependent upon the condition of the mind. Often our passing moods hasten or retard digestion. We often hear people, especially delicate women who have nervous dyspepsia, say they can go out to late suppers or banquets and eat heartily of all sorts of incongruous foods without feeling any inconvenience afterward.

They do not realize that it is due to the change in the mental attitude. They have had a good time; they have enjoyed themselves. The lively conversation, the jokes that caused them to laugh heartily, the bright, cheerful environment completely changed the mental attitude, and, of course, these conditions were reflected in the digestion and every part of the system. Laughter and good cheer are enemies of dyspepsia. Anything which will divert the dyspeptic's mind from his ailments will improve his digestion. When they were at home worrying about their health, swallowing a little dyspepsia, with every mouthful of food, of course these women could not assimilate their food. But when they were having a jolly good time, they forgot their ailments and were surprised afterward to find that they had enjoyed their food. The whole process is mental.

People who go to health resorts attribute their improvement to change of air or to the waters they drink, when as a matter of fact, it has probably been wrought by change of environments, change of mental suggestion, as much as by the change of air or water.

Spring waters, mountains or sea air, often get a deal of credit which is due to recreation—good, wholesome fun. When people go away on vacations or little outings they go for the purpose of enjoying themselves and of course, they are benefited.

The reason a bride promises to obey her husband is because she doesn't intend to.

A Bold Step.

To overcome the well-grounded and reasonable objections of the more intelligent to the use of secret, medicinal compounds, Dr. R. V. Pierce, of Buffalo, N. Y., some time ago, decided to make a bold departure from the usual course pursued by the makers of pill-powder medicine for domestic use, and so has published broadcast and openly to the whole world, a full and complete list of all the ingredients entering into the composition of his widely celebrated "Favorite Prescription." Thus he has taken his numerous patients and patients into his full confidence. Thus too he has removed his medicines from among secret nostrums of doubtful merits, and made them remedies of known composition.

By this bold step Dr. Pierce has shown that he is not afraid to subject them to the scrutiny of the public. Not only does the wrapper of every bottle of Dr. Pierce's Favorite Prescription, the famous medicine for weak stomachs, and liver and biliousness, and all catarrhal diseases, wherever located, have printed upon it, in plain English, a full and complete list of all the ingredients composing it, but a small book, has been compiled from numerous standard medical works, of all the different schools of practice, containing very numerous extracts from the writings of leading authorities of medicine, explaining in the strongest possible terms, each and every ingredient contained in Dr. Pierce's medicine. This little book will be mailed free to any one sending a postal card or letter, to Dr. R. V. Pierce, Buffalo, N. Y., and requesting the same. From this little book it will be learned that Dr. Pierce's medicine contains no alcohol, narcotics, mineral acids or other poisonous or injurious ingredients, and that they are made from native, medicinal roots of great value, also that some of the most valuable ingredients contained in Dr. Pierce's Favorite Prescription for weak, nervous, over-worked, "run-down," nervous and debilitated women, were employed, long years ago, by the Indians for similar ailments affecting their women. In fact, one of the most valuable medicinal plants entering into the composition of Dr. Pierce's Favorite Prescription, was known to the Indians as "Sagwa-Wood." Our knowledge of the uses of not a few of our most valuable native medicinal plants was gained from the Indians. As a matter of fact, improved and exact processes, the "Favorite Prescription" is a most efficient remedy for regulating all the woman's functions, correcting disturbances, as indigestion, nervousness and morbidness, promoting peaceful periods, toning up the nerves and bringing about a serene state of health. Sold by all dealers in medicine.



Seaboard Air Line Railway Bridge, Weldon, N. C. Snow, March 21, 1908.

KISS MICROBES.



There are microbes in a kiss, sweetheart, is what the savants say. And yet, despite these microbes, do you think you'd say me nay. If a kiss should crave of you with microbes or without? Dost think you would deny me in the winning of Love's bout?

Dost think that we should know or care if millions lingered there Of naughty, hungry microbes? Don't you think that we would dare Defy the millions one and all, and kiss the same old way. As Adam kissed sweet Mother Eve in Paradise that day?

The microbes of a kiss, sweetheart, pray what, pray what, are they? Of confidence, and sweetest love, and hope that day by day These microbes all will stronger grow and flourish as they may, While I kiss you and you kiss me the sweet old-fashioned way.



WASHINGTON AVENUE, WELDON, N. C. Snow, March 21, 1908.

LET SOMETHING GOOD BE SAID.

BY JAMES WHITCOMB RILEY.

When over the fair fame of friend or foe The shadow of disgrace shall fall instead Of words of blame, or proof of thus and so, Let something good be said.

Forget not that no fellow-being yet May fall so low but love may lift his head; Even the cheek of shame with tears is wet If something good be said.

No generous heart may vainly turn aside In ways of sympathy; no soul so dead But may awaken strong and glorified, If something good be said.

And so I charge ye, by the thorny crown, And by the cross on which the Saviour bled, And by your own soul's hope of fair renown, Let something good be said.

NOT PAYING FOR HOLES.

"Yes, sir," said the druggist, "we have all sorts of porous plasters. What sort do you want?"

"Well-er, which kind has the fewest holes in it?" asked the Stinjay. "I want to get my money's worth."—Philadelphia Press.

NOT UP-TO-DATE.

"Wasn't their divorce a shocking affair?" said Mrs. Featherlight. "Inexcusable," answered Mrs. Smarsett. "They both had the most unfashionable lawyers they could find."

There's hardly anything a man is more ashamed of than always coming home on time.

STARTING IN LIFE.

Let Us Whisper a Few Words Of Counsel.

You are soon to leave and break away from all the tender ties of home, and go out to seek your fortune in the world. Let us whisper a few words of counsel. We suppose you wish to be rich; most people do. We don't think riches desirable. We should be sorry to have inherited wealth. But a competence is very desirable, is indispensable. Well, the way to get it is by forethought to plan, industry to execute, and prudence to keep the earnings of your work. Get what you honestly earn, but never take more. Money is by no means the best thing in life. You are here in this world to become a good man, a wise man, a just man, an affectionate man, a religious man. Work for your manhood as well as for money; take as much pains to get, and as much to keep it. Keep clear of vice, especially intemperance, gambling and licentiousness. These three ruin thousands of young men every year. Be not gloomy, sour and snif. Cheerfulness, gaiety, as liveliness and mirthfulness belong to your period of life. You will find little real pleasure in anything your conscience forbids. As you have opportunity, cultivate your mind and forethought, prudence and industry will help you here as much as in getting money. And now would you prolong the sunshine of life forever? We must say to you there is no real happiness in life without religion. It is a restraint from doing wrong, an encouragement to do right, and a great comfort at all times of life. And finally, remember, though absent from the sight of the dear ones at home you will ever live in their hearts; and their highest earthly wish will be that you may prove yourself a noble man.

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THE ONLY SAFEWAY.

Don't sleep on your left side, for it causes too great a pressure on the heart.

Don't sleep on your right side, for it interferes with the respiration of the lung.

Don't sleep on your stomach, for that interferes with the respiration of both lungs and makes breathing difficult.

Don't sleep on your back, for this method of getting rest is bad for the nervous system.

Don't sleep sitting in a chair, for your body falls into an unnatural position and you cannot get the necessary relaxation.

Don't sleep standing up, for you may topple over and crack your skull.

Don't sleep.

Hyman's altar is the altar of sacrifice. A woman does not deem divorce absolutely necessary, but she is always happier if other people know that she is living apart from her husband.

Just Exactly Right.

"I have used Dr. King's New Life Pills for several years, and find them just exactly right," says Mr. A. A. Fillion, of Harrisville, N. Y. "New Life Pills relieve without the least desire for food, and are the best remedy for constipation, indigestion and malaria. Use at any drug store."

Best the World Affords.

When you stand on the doorstep of Love, always get past into the hall before you give the bell a ring.

Bert Barber, of Elton, Wis., says: "I have only taken four doses of your Kidney and Bladder Pills and they have done for me more than any other medicine has ever done. I am still taking the pills as I want a perfect cure." Mr. Barber refers to DeWitt's Kidney and Bladder Pills.

When a man wants to turn a dishonest trick he has no trouble in finding an excuse that will satisfy his conscience.

A GOOD TOAST.

We Love Them, and the Dear Things Can't Help It.

The following is a toast to gentlemen: Bless 'em! They have our joys, they double our sorrows, they triple our expenses, they quadruple our cares, they excite our magnanimity, they increase our self-respect, awaken our enthusiasm, arouse our affections, control our property, and out-manoeuvre us in everything. This world is a dreary world without them. In fact, I may say without prospect of successful contradiction, that without them this wouldn't be much of a world anyhow. We love them, and the dear things can't help it: we control them, and the precious fellows don't know it. As husbands they are convenient, though not always, as beaux they are by no means "manchless." They are most agreeable as visitors, hardy at state fairs, and indispensable at oyster saloons. They are splendid as escorts for some other fellow's wife or sister, and as friends they are better than women. Our fathers they are inexpressibly grand. A man may be a failure in business, a wreck in constitution, not enough to boast of as a beauty, nothing as a wit, less than nothing as a legislator for women's rights, and not very brilliant as a member of the press, but if our father we overlook his shortcomings and cover his peccadilloes with the divine mantle of charity. Then, as our husbands, how we love to parade them as paragons! In the sublime language of the poet, We'll lie for 'em, We'll cry for 'em, And if we could we'd fly for 'em, We'd anything but die for 'em.

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Constipation

Constipation is a common ailment, and one that is often neglected. It is a condition of the bowels, and is characterized by a hard, dry stool, and a feeling of fullness and discomfort. It is often caused by a diet of refined foods, and a lack of exercise. It is a condition that can be cured by the use of Lax-ets.

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