IMPORTANCE OF DOMESTIC SCIENCE

First of a Series of Articles by Miss Matite Harris.

THE GREAT RESPONSIBILITY OF HOMEKEEPERS AND TRAINERS OF FUTURE MEN AND WOMEN.

BY MISS MATTIE HARRIS.

We are said to be creatures of circumstance, made what we are largely by our own environment. We speak in a broad way of this, seldom going to the bottom rock of the matter and realizing that so great a part of our being, physical, mental and spiritual, depends on the food supply of the body from birth to the end of our lives. A man's body is a wonderful machine and he is responsible for its good or bad condition; as other machines are supplied with force by fuel, we supply this machine with force by the food we eat. Our food serves more purposes than simply building and keeping this machine in order and supplying it with energy. We have a nervous organization, we have higher intellectual faculties, and the right exercise of these depends on the nutrition of the body. Yet the most intellectual people know less of the actual uses and values of their food for fulfilling these purposes than of almost any other of the necessities of life.

I cannot treat in an exhaustive way of the direct effect of different foods on each part of this great machine. Science has not yet discovered what is best for the growth of the mind and spirit. The vegetarian will warn you of the danger of flesh and claims that the finer and more spiritual type of man is simply the outgrowth of his own system. On the other hand the advocate of flesh eating can point to the vigor, the dominating power of the English race, a race of beef eaters. In the meantime, while science with her searchlight is exploring these mysteries, there is open to us a host of facts in regard to the effects of the foods on the body and the consequential effects on the body on mind. The well-rounded hopeful, clear-seeing man, in himself the finest exponent of a religion which teaches the immortality of good, is never a chronic dyspeptic. Carlyle, though by nature a deeply religious man, was the greatest pessimist of the age, mainly, we are told, because of weak digestive organs. Herbert Spencer, with his fine brain and broken down nervous system, begs that coming men and women shall be given the benefit of good physical training; that boys and girls shall be fed according to the truths of modern science. In his own words:

It is time the benefits which our sheep and oxen have for years past derived from the investigations of the laboratory should be participated in by our children."

I can no better express my views on this subject than by quoting a certain old writer (not yet out of style):

"What? Know ye not that your body is the temple of the Holy Ghost which is in you which ye have of God, and ye are not your own? For ye are bought with a price. Therefore glorify God in your body, and in your spirit, which are God's."

So great is the strain of modern life and so numerous are the break-downs under this strain, that we are beginning to realize the need of strong bodies with which to carry on such competition. The recent popularity of athletics and the revival of Greek games at Athens indicate an almost world-wide interest in the perfecting of the human body.

There has been some thought and discussion among women as to their share in the work of bringing the race to a higher standard, but many of them fail to realize the tremendous responsibility resting on the home-keepers and trainers of future men and women. Of those who are most deeply impressed with the importance of this task so few have any means of learning the wisest and best plans. Their efforts to do the right thing for the bodily comfort of their families and also to use a wise economy are but experiments in the realm of domestic science.

I believe that there is a day coming when the earnest minded mothers will give their daughters the advantage of training in everything that pertains to perfect home-making, a day when women will realize the folly of expending so much time and money in following the whims of fashion while the health and growth of their children depend upon the chance combination of a cook who is entirely ignorant of the chemistry of foods. I will relate a little incident that happened in this city a few months ago. I asked an intelligent lady of the ability of a woman who had cooked for her. Her answer was, "No, she can't cook, she is not enough of a negro, she is too white to learn to cook."

The thought came to me: what a mistaken idea. I am of the opinion of a consecrated minister of this state, I believe if the women of the land were drilled in any fashion in a knowledge of good home-making it would do more than any one thing to advance the cause of Christ.

Home-making is the business of woman by divine right. In an age when all business processes are being put upon scientific bases, why should we not teach our girls that science bears an important relation to housekeeping in a variety of ways? The better they understand the philosophy of the ordinary things of life the better they will perform them and the easier it will be to fill their minds with a sense of the dignity of labor at home. A girl should be taught the nutritive value of food as well as its cost. Such training will produce prudent, economical, thrifty women. They are much needed in America.

DUKE'S APPEAL DISMISSED.

London, Dec. 11.—The appeal court has dismissed the appeal of the Duke of Marlborough and has confirmed the decision of Judge Byrne in the chancery division of the high court of justice, which gave Lillian, Duchess of Marlborough (formerly Mrs. Louis Hammersley of New York and now lady William Beresford) a jointure of £1500 yearly.

TRIP TO HAVANA.

Miami, Fla., Dec. 11.—The Conductors' Assurance association left for Tampa last night on the way to Key West and Havana, where they will spend three days, returning to Tampa and thence home via the Plant system.

MYSTERY CLEARED UP.

CATAWBA COUNTY FARMER WAS NOT MURDERED.

Newton special to Charlotte Observer.

After having been buried three weeks, the remains of the late Levi Travis were exhumed today and a second examination made, and the surprising fact developed that the deceased was not murdered, but came to his death from the effects of a cancerous growth inside the skull.

Almost everybody, including the coroner's jury which made the first investigation, was convinced that he was murdered, and the county commissioners a few days ago offered a reward of $200 for the conviction of the guilty party, and a negro had been arrested on suspicion and discharged after a preliminary hearing. However, there was a growing belief among the dead man's relatives that he was not murdered, and in an effort to fully settle the matter a thorough examination was conducted today, with the above mentioned result.

A physician who assisted in the autopsy today said:

"The investigation today developed the fact that Travis was not murdered, but that he came to his death by the bursting of blood vessels in the head. It is a most remarkable case. Some years ago the dead man was injured in the head by being run over by a harrow and today's examination developed the interesting fact that osteo sarcoma (bone cancer) had taken hold of the orbital bones and resulted in the rupture of the internal carotid artery, causing a most profuse hemorrhage, the blood from which soaked through all the bed clothes and on to the floor, leading the coroner's jury and the attending physician to suppose that the skull had been crushed. A close examination showed that there was no violence whatever. The pressure of the bursting artery caused a protrusion of the tongue and eyes, indicating that the deceased might have been choked. As death was the result of a gradual eating away of the tissues surrounding the artery, when it reached a certain point the vessel, which is about the size of a lead pencil, forced an opening, and if his head had been shot off with a cannon death would not have resulted any quicker. So far had this affection extended that the skull had been entirely pierced at a point in the center of the forehead."

There is much comment on the result of the investigation here today, and the citizens are greatly relieved to know that what appeared to be a horrible murder was in reality a strange death from natural causes.

ACADEMIES' ASSOCIATION.

ANNUAL MEETING AT RALEIGH DECEMBER 27-28.

The North Carolina Association of Academies will hold its next annual meeting in the senate chamber of the capitol at Raleigh, Thursday and Friday December 27 and 28. Railroads and hotels will grant special rates and a most enjoyable and profitable time is expected.

An unusually strong program has been arranged which will shortly appear in these columns. Many questions of vital importance will be brought before the association at the approaching session. Among these will be discussed certain changes in the school law and other matters affecting the welfare of the academies.

From present indications a large and enthusiastic gathering of the representative academy men of the state will attend this meeting.

The organization now embraces in its membership the principals and teachers of nearly all of the prominent secondary schools in North Carolina. About 50 schools have entered the association and more than 100 high school and academy teachers are enrolled in its membership.

The following are the officers for the current year: President, J. E. Kelley (Union Home school), Victor, Moore county; vice-president, S. L. Sheep (Atlantic Collegiate institute), Elizabeth City, Pasquotank county, secretary and treasurer Robt. L. Madison (Cullowhee High school), Painter, Jackson county.

Principals and teachers of high schools and academies may become members. There is no membership fee. Those who would rank as progressive, public spirited and truly professional teachers can no longer afford to remain outside of this distinguished organization nor abstain from attending its sessions.

For further information address the secretary.

WANT LUNACY LAW CHANGED.

West Brunswick, N. J., Dec. 12.—The Middlesex County Medical society is holding a convention in this city today for the purpose of securing amendments to the state lunacy law. Delegates are present from different portions of the state. It was held by the speakers today that a great many abuses can creep in under the present law. The convention decided to make recommendations of a number of changes in the law to the next legislature.

AGRICULTURAL BOARD.

New Haven, Conn., Dec. 12.—The state board of agriculture met here today for a three days' session. Mayor Driscoll and Gov. Lounsbury delivered addresses of welcome. President Hadley of Yale university, Col. James Wood of Mt. Kisco, N. Y., and Dr. Sturgis of West Haven, spoke on live topics. Eminent speakers will discuss timely subjects tomorrow and next day.

GARTON—FARQUHAR.

Brooklyn, N. Y., Dec. 12.—Dr. W. M. Garton, past assistant surgeon, U. S. N., was married today to Miss Beatrice Farquhar. Admiral Farquhar, in command of the North Atlantic squadron, gave his daughter away.

ALL BIDS TOO HIGH.

Jackson, Miss., Dec. 11.—All bids for the new capitol have been rejected because they were considered too high. Bidders are given until Wednesday to make new bids on modified plans.

S. C. M. E. CONFERENCE.

Darlington, S. C., Dec. 12.—The South Carolina M. E. conference assembled here today. Bishop Fitzgerald presided.

EXAMINATION BY JOINT COMMITTEE

Of Books, Etc., in Treasurer's and Auditor's Offices.

STATE COMMISSIONER OF AGRICULTURE'S OPINION OF THE U. S. COTTON REPORT.

Raleigh, N. C., Dec. 11.—The annual examination of the books, vouchers, etc., in the offices of the state treasurer and auditor by the joint committee of the legislature began today. The committee is composed of M. H. Justice, chairman; W. C. Fields, Walter E. Moore, Harry W. Stubbs and L. L. Wrenn. The work will require a week's time.

Revenue Collector Duncan, who has returned from a visit to Beaufort, says the shooting is particularly good this season on the North Carolina sound, ducks and geese being of course the chief game. Hunting on land is unusually fine also.

J. L. York, convicted of using the mails for swindling, gets six months' sentence in the federal court here, and will serve his time in the jail at Wilmington. He wished to go to that jail, as he has friends there.

The Merchants' association of Raleigh has taken up the matter of having a street fair on a large scale next May.

Eight convicts from the county of Northampton are the last arrivals at the penitentiary.

Merchants report the holiday trade as being the best in years.

It is said that there is now more cotton in the hands of growers than ever before so late in the year. Most farmers say they will not sell at a less figure than 10 cents.

Of over 80 magistrates elected for this county only a fourth have qualified.

January 1 Samuel T. Pearson of Morganton will retire as secretary of the penitentiary board and J. R. Widby of Lenoir will succeed him.

Two years ago, or thereabouts, the penitentiary board directed that monthly reports be furnished it. A member of the board says he has not received the reports.

There is no doubt that the Seaboard Air Line will rebuild its shops here, burned five years ago, as soon as it gets some weightier matters out of the way. Vice-President St. John told me positively the shops would be rebuilt. The road was for some years averse to rebuilding, mainly, perhaps, because the detectives who examined into the origin of the fire found it was incendiary.

Next Tuesday Standing Master Shepherd will begin here the hearing of the state's side of the tax assessment matter. Witnesses from Wake, Johnston and Durham counties will be first examined, including all the tax assessors. The number of witnesses from all over the state will be immense. There are affidavits from 4000. It is a very costly case to the state, though as Chairman McNeill of the corporation commission says, every effort will be made to economize by having the standing master have the examinations in many places in the state so as to save the cost of travel and time of witnesses.

State Chairman Simmons has returned from a week's stay at Seven Springs, and says his health is now restored. He suffered greatly from lumbago and sciatica.

The board of missions and Sunday schools of the North Carolina Baptist convention apportions $25,000 for its work for 1901.

The commissioner of agriculture was today asked by Secretary Royall Daniel of the Southern Cotton Growers' association to telegraph his opinion of the last United States cotton report. Mr. Patterson replied: "I do not believe the government report justifies a slump in the market. The world's consumption last year, nearly 14 million bales, exceeded the production by 1,700,000 bales, according to the best calculation. The present supply, assuming the correctness of the government's report is not sufficient for a similar consumption. If the farmers market their cotton slowly and discreetly, prices must remain firm."

EVOLUTION OF A LEMON.

CHAPTER I.

"What is your name, little boy?" asked the teacher.

"Johnny Lemon," answered the boy.

And it was so recorded on the roll.

CHAPTER II.

"What is your name?" the high school teacher inquired.

"John Dennis Lemon," replied the big boy.

Which was duly entered.

CHAPTER III.

"Your name, sir?" said the college dignitary.

"J. Dennison Lemon," responded the young man who was about to enroll himself as a student.

Inscribed in accordance therewith.

CHAPTER IV.

"May I ask your name?" queried the society editor of the Daily Bread.

"Jean D'Ennice Le Mon," replied the swell personage in the opera box.

And it was duly jotted down.

THE END.

—Chicago Tribune.

BAPTIST CONVENTION.

Arcadia, Fla., Dec. 12.—The Baptist state convention began a four days' session here today, with delegates present from all parts of the state. Among the prominent speakers are Dr. Frost, secretary of the Sunday school board, Nashville; Dr. Willingham, secretary of the Foreign Mission board, Richmond, and Dr. Mullens of the Baptist seminary, Louisville. Dr. Forbes, president of Stetson university, will preach the annual sermon. Governor-elect Johnson, who is vice-president of the convention, is present.

HOTEL MEN IN SESSION.

Columbus, O., Dec. 12.—The State Association of Hotel Proprietors began a two days' annual meeting at the Arcade today. There are nearly 150 hotel men present, and a jolly set they are. They are elegantly entertained by their brethren of this city.

HOLY CROSS—HARVARD.

Providence, R. I., Dec. 12.—The Junior Debating society of Harvard will debate tonight in Fenwick hall with the B. J. F. Debating society of Holy Cross. The debaters are full of spirit and a lively time is expected.

IN THE OLD NORTH STATE

Items of Interest Gathered From the Tar Heel Press.

—La Grange Sentinel: Rev. T. H. Sutton informs us that he gave a nickel to several of the members of his church here last year and asked them to invest it and make all they could for missionary purposes. One young lady invested her five cents and reported an increase of $35 at the end of the year. A good brother invested his nickel in cotton seed and planted them and sold the product for $14. Another brother invested his in Irish potatoes which he sold for $13. If this is not good business we do not know what is. Surely such increase in a year from the investment of five cents shows tact, energy and good business sense. It might not be amiss for the merchants and newspaper men of La Grange to apply to these persons for a few lessons in business.

—Fayetteville Observer: Mr. J. W. Hodges of Cumberland Mills came up to the city today to have a wound which he received on his arm yesterday dressed. It seems that he was engaged, with several other carpenters, in building a house near Elrod, when one of the men, who was working above him, let a heavy chisel drop, striking him on the arm and almost severing his hand at the wrist. A country doctor arrived just in time to save him from bleeding to death, but made a very poor job of dressing the wound.

—Wadesboro Messenger-Intelligencer: Polkton is to have a spoke and handle factory. The machinery for the factory is now being placed and the manufacture of the fine timber of Brown creek swamps into spokes and handles will commence at an early day. The factory is being established by Messrs. H. C. Dockery & Co. Mr. John Dockery of Rockingham, who is a son of Mr. H. C. Dockery, will superintend the work. It is probable that the company will also manufacture sash, doors and blinds later on.

—Hayesville Courier: The telephone wire is up now from Hayesville to Murphy, and it will only be a short time until messages can be exchanged between the people of the two towns. This will be quite a convenience for our people.

—Lumberton Argus: We are informed that a saw mill is being erected at Shanepole which will saw poplar timber exclusively. They are paying at the rate of $4 a cord for poplar logs.

—Concord Standard: Mr. J. H. Rodgers of Forest Hill killed a hog Saturday that weighed 342 pounds. The hog was 10 months and five days old.

CAPTAIN MANNING DEAD.

Wilmington, N. C., special to Charlotte Observer.

Capt. Ed. Wilson Manning, who was engineer on the United States screw ship of war Wabash and shipmate of Admiral Dewey on that vessel, died here today at the age of 67. When the war between the states began, Captain Manning joined the Confederate navy and was on the converted ship Virginia (formerly the Merrimac) when she sank the frigates Cumberland and Congress in Hampton Roads.

REFLECTIONS OF A BACHELOR.

From the New York Press.

A woman is a lot easier to understand than why she likes cats.

When a woman is really reasonable, she can never give any reason for it.

When a woman sets out to make a man more noble she will stop for nothing, unless it is to kill a moth.

If a woman is wise, her first task after she gets married will be to make her husband teach her all she knows.

Some old maid has now got up a story that a baby's biting on the rubber nozzle of a milk bottle will make it grow up to chew tobacco.

What's a Christmas Anyhow--

In another man's house? Brace up. Be a man—a husband to your wife,—a father to your childern. Get yur heels into mother earth! Own the roof over your head! Will help you. Put the deed to a home in your wife's stocking Christmas Eve. See us before it is too late. We have 10 nice lots on Ora street for sale cheap.

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All who know us give us the credit of providing the highest grade of coal buyable for its equivalent in cash, and new comers are welcome here. Santa Claus and Christmas suggest cold weather—coal is the antidote. Get your bins full in good time—call, write or telephone today and see how promptly and cheaply we will serve you.

CITIZENS COAL CO.

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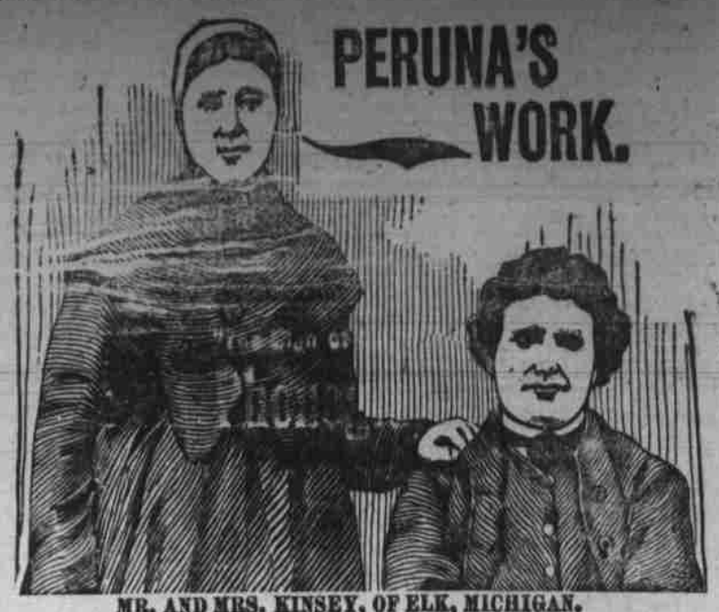
MANY HOMES MADE HAPPY.

PERUNA'S WORK.



MR. AND MRS. KINSEY, OF ELK, MICHIGAN.

Mrs. Margaret Kinsey, Elk, Genessee county, Mich., writes to Dr. Hartman, as follows:

"I am well and think I will need no more medicine. I feel so well, and all my old complaints are gone, which were many. I often did not know which way to turn. No one knew what I suffered. For forty-nine years I suffered but now I am cured, for which I thank Dr. Hartman for his advice and good treatment. I keep Peruna in the house all the time and shall never be without it.

"My husband had a cough for nine years. He took Peruna and it helped him. He looks quite young. He works hard every day and is getting fat. He takes Peruna three times a day. You don't know how thankful I feel toward you; I never think of you but to thank you and will do all I can for you."

Congressman J. H. Bankhead, of Alabama, one of the most influential members of the House of Representatives, in a letter written from Washington, D. C., gives his endorsement to the great catarrh remedy, Peruna, in the following words: "Your Peruna is one of the best medicines I ever tried, and no family should be without your remarkable remedy. As a tonic and a catarrh cure I know of nothing better."

Hon. J. H. Bankhead.

There is but a single medicine which is a radical specific for catarrh. It is Peruna, which has stood a half century test. It has cured thousands of cases of catarrh. Ninety times in a hundred, those who have contracted catarrh by Peruna thought they had some other disease."

The remedy to cure catarrh must be able to reach the mucous membranes, and this is exactly what Peruna does. Peruna operates at the fountain head. Peruna produces normal, clean and vigorous mucous membranes. Catarrh cannot remain in the system if Peruna is used according to directions.

Address The Peruna Medicine Company, Columbus, Ohio, for a free book on catarrh.

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Sole Proprietor... Beech Nut Whiskey...

Which is an absolutely pure Rye Whiskey, aged and mellowed.

Dealer in everything known to the wine and spirit trade. PATRICK McINTYRE

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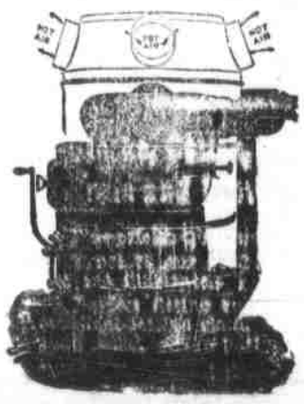

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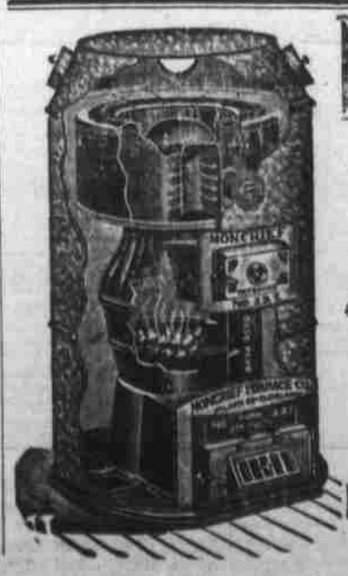
THE ASHEVILLE SCHOOL OF MUSIC, ART AND LANGUAGES

FERDINAND DUNKLEY, : : : : : : : Principal

MRS. ROCKWOOD, Director of the Vocal Department, will give FREE TALKS ON VOICE WORK as conducive to health, culture and pleasure every day this week, December 10-15, from 4 to 6. Each talk will last half an hour and only six persons will be received in each class. The total number who can attend during the week is therefore 144. Time should be engaged at once by applying at the office between the hours of 10 to 1, or 4 to 5. Any person interested in the voice, either practically or theoretically, is invited to engage a place in one of these free classes.

The school now occupies a suite of rooms in the Sondley Building. Office, room 15. (Over Wingood's Drug Store.)

Office hours, 10-1; 4-5. Phone 307.



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