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A Christian Home and High School for boys and young men.
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TUESDAY AUG. 15, 1905.

Some Jolly Old Fellows.

"As sparks fly upward to the sky so man was born to mystery": says Dr. Syntax.

"Those who die early are favored of Heaven"—sayeth the aphorism.

"Those are most favored that are not born at all"—sayeth the cynic philosopher.

"Man's days are few and full of trouble"—sayeth the scripture.

And yet, men cling to life as its greatest treasure, perhaps from dread of that undiscovered county whither we are all bound, perhaps from love of the delusive joys of earth.

Voltaire, the potentate of letters in France, died of hard work at 84. His constitution was weak from his birth and he said he had "been always dying."

Thomas Hobbes, the great English mathematician died at 93. When over 90 he translated the "Civil War" in England.

Rogers the English poet lived 92. William Hutton, the bookseller died at 92. On his ninetieth birthday he walked ten miles and when told, that he looked well, said merrily that it was well at his age that he could look at all.

Bartholamy St. Hilaire, the famous French author wrote his life of Aristotle when he was over 90.

Stern was our four score when he wrote "Tristram Shandy," which Paley pronounced the greatest production of the human mind.

"Honest Isaac Welton," was 90 when he wrote his "Complete Angler," and his Life of Bishop Sanderson was written when near that period.

Germany's great scholar, Sespold Von Ranke worked to nearly ten hours a day and kept two scholars busy under his dictation.

Ritter Von Leopold Blumeneron, Chief Editor of the "Vienna Fremdenblate" worked at his daily task until he was 96, probably then the oldest newspaper man in the world.

Dr. John Forbes, Professor of Oriental languages in the University of Aberdeen closed a vigorous old age at 97 in 1899, the only man living who had seen Goethe.

Theodore S. Fay, the author of "Norman Leslie," was living recently at the age of 91.

The occupation of the mind, is surely a great factor in the promotion of longevity. Philosophers, scientists and mathematicians are generally long lived. The "mens sana," when active is generally the companion of the "corpore sana."

Pythagoras the great philosopher of Samos, was a tall and handsome man, when he died at nearly 100.

Epimenides one of the "seven wise men" is said to have lived to 154.

Humbolt, the great statesman, diplomat scientist and explorer, toiled on with his great work "Cosmos," which has been translated into all civilized languages, until he had nearly reached his 100.

The mind is evidently the most prolific parent of longevity.

The motto of him who desires long life, should be "work," not work to excess, but work. The mind is the master work of the human machinery. If it rusts the body decays. If its machinery is kept oiled by labor, its vigor is maintained. "Otium dignitates," is a "fools errand." R. B. C.

TO-DAY--BY ELLA WHEELER WILCOX

I love this age of energy and force. Expectantly I greet each pregnant hour:

Emerging from the ail-creative source,

Supreme with promise, imminent with power.

The strident whistle and the clanging bell,

The noise of gongs, the rush of motored things.

Are but the prophet voices which foretell

A time when thought may use unlettered wings.

Too long the drudgery of earth has been

A barrier 'twixt man and his own mind.

Remove the stone, and lo! the Christ within;

For He is there, and who so seeks shall find.

The Great Inventor is the Modern Priest.

He paves the pathway to a higher goal.

Once from the grind of endless toil released

Man will explore the kingdom of his soul.

And all his restless rush, this strain and strife

This noise and glare is but the fan-farade

That ushers in the more majestic life

Where faith shall walk with science unafraid.

I feel the strong vibrations of the earth,

I sense the coming of an hour sublime,

And bless the star that watched above my birth.

And let me live in this important time.

Regulates the stomach and bowels, heals and soothes the little ones, stomachs and gives them a healthful and natural sleep. Hollister's Rocky Mountain Tea is the children's benefactor. 35c. Sold by Standard Pharmacy.

Have you noticed the great cut in the price of Underwear at THE ELK, "HABERDASHERS TO THE ELITE"

Have You Ever Seen the President of These U. S.?

Have you ever been to ride in an automobile?
Have you ever been as high as 555 feet in the air?
Have you ever seen as much as TEN HUNDRED MILLION DOLLARS at one time.

Go with us to Washington, Tuesday, August 22nd, 1905.

Train leaves here 8:30 a. m. arrives Washington 3 p. m., leaves Washington Tuesday morning.

SUFFOLK & CAROLINA COMPANY will sell tickets from Edenton to Washington and return for \$5.00, same as from Elizabeth City. Passengers from Edenton leave on regular train and connect with excursion train at Beckford Junction.

Everybody is going? That means you.

C. W. MELICK,
E. M. STEVENS,
R. W. TURNER,
Committee.

The Food Value of a Soda Cracker

You have heard that some foods furnish fat, other foods make muscle, and still others are tissue building and heat forming.

You know that most foods have one or more of these elements, but do you know that no food contains them all in such properly balanced proportions as a good soda cracker?

The United States Government report shows that soda crackers contain less water, are richer in the muscle and fat elements, and have a much higher per cent of the tissue building and heat forming properties than any article of food made from flour.

That is why **Uneda Biscuit** should form an important part of every meal. They represent the superlative of the soda cracker, all their goodness and nourishment being brought from the oven to you in a package that is proof against air, moisture and dust—the price being too small to mention.



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