

Digging Graves With Teeth.

The grim old saying that half the people in the world dig their graves with their teeth has been substantially borne out in recent investigations by the health department of New York City public school system.

With a view to determining scientifically the effect of bad teeth on physical and mental health, on thirty-nine thousand children were examined. It was found that those whose teeth were required twice the time of the other children to graduate and cost the city twice as much. From this it has been concluded that as a mere matter of business the city can better afford to employ dentists than to go on struggling blindly with the defective youth.

The incident is of local interest for the reason that Atlanta has been trying a system of medical inspection of her schools for nearly two years. The results here are comparable to those in New York. The discoveries made through the system are equally valuable and the good effects are equally as gratifying. Indeed, we have found where the trouble lies; we have done much to remedy it.

One of the most interesting characteristics of the present time is its increasing attention to the simple matters of health. To prevent rather than to cure disease is coming to be the principal mission of the doctor today; and it might be added, one of the most important phases of his work is to teach the people how themselves to prevent disease.

No feature of this movement is more vital to public health than that which deals with care and preservation of the teeth. The whole thing is so elementary simple that it has heretofore been regarded as unworthy of serious notice. Yet, the investigations in New York and in Atlanta have unquestionably that one of the greatest factors in the welfare of men, women and children today is an intelligent use of the tooth brush. Every function and almost every organ of the body is dependent for strength upon the teeth and in the proportion that they are cared for or neglected, the individual is vigorous and competent or weak and incompetent.

This statement made by the Atlanta Journal sounds a serious warning. Not cities alone does warm but individuals and parents. Cleansing the teeth should be cultivated into a habit. In childhood this should be done. After children have become men and women it is about as difficult to cultivate new habits as to break old ones. To wait until teeth are gone and health undermined to cleanse the teeth is worse than the police after the thief has gone.

We meet many young people whose decay teeth present a horrible appearance. Many of them have not been trained to care for their teeth by parents whose duty it was. Now, feeling unable to pay large dentist's bills they let them become worse. Their appearance, their own peace, and their health are all seriously affected by the result of parents' failure.

The school teacher is not out of place. If others have neglected this important training, he should endeavor to correct the error in the training of his students.

Watermelon Feast.

Roanoke, Va., July 30 1910. A free watermelon feast for every one who attends the Ohio Valley Exposition in Cincinnati, August 29 to September 24 inclusive. These watermelons will be the gift of the state of Georgia to the exposition and each one is to weigh at least eighty lbs. In addition to this the fruits, vegetables and farm products of all kinds from each state along the line of the Norfolk & Western Railway will be shown and a competent lecturer will be on hand to tell the large crowds all about these products and the possibilities of the localities from which they are taken. The cold storage warehouses in Cincinnati are now being taxed to their utmost holding the products of these states for the exposition. One beauty about this exposition is that a sufficient quantity of each exhibit is held in cold storage to keep the exhibit fresh and up to date all the time. Special rates will be given by the N. & W. Railway.

Watermelons are higher than ever in price this season. How do you get them? There is no tariff on watermelons here.

Mr. Roosevelt has only cracked the silence, but one could hardly say he has broken it.

Do You Sing or How?

I have been reading in different papers about the cost of living in fact do not have to read to now the cost of living. Now the blame has been put on tariff Teddy Taft & Co., and everything else most, but lets not send spies to heathern lands to find the cause let us look in our town and country. Let us do as the merchant take inventory see where we stood prior to 1896, and where we are at to-day 1910.

Back in the good days prior to 1896 when the country was at a stand still, when we had not discovered a new south. When the cry was go west young man and take up government land if you ever intend to own land. We have gone West in an air ship and what do we find the story is too serious to tell. We find them sending our rations back to N. C. for us, so let us hasten home and see how they are being dealt out to us now and back in the days.

We used to love to visit the town store and hear the drummers talk telling yarns, we could listen half day and go home feeling that we had gained knowledge of the faraway world. We have often asked ma if we could be a drummer when we got grown up. The merchant loved to talk with him and his tales of wonder. They were good days alas we are grown up now but we don't want the drummers place. The cost of selling is more now than in the good days. Our merchant used to send into his house once a week for the things needed. Now it is very different. We have a man to come every day to see if we need any western fat back. We have a different one to see us about our flour every day and another about hay and grain, we could go on and name them one by one, but space and time forbids. We must pay for this and not put it on the tariff.

Back in the good days when we wanted to be a drummer there was not so many on the road, but now ask any merchant about how many call to see him each day. We would not pass this without telling the part we played when in the wonderful days that the paper tell how cheap we lived ma used to send us to the store after all the supply for table in way of sugar coffee, spice and other little things, pa would always go at night and bring the flour. We learning to be a merchant trading this may but now lays don't have that pleasure, they learn business ways at school. The schools being longer terms than in the cheap days that have past. Ma goes to the telephone tells the store keeper to send a peck of meal and get it there at once, an half hour later tells him to send her a spool of thread.

Does this add the cost of living or shall we cuss our President and congress for all this.

Does it make meat cost more for the drummer to come after our orders and mail it to house or for us to mail it? Does it cost more to ask for what we want over 'phone and have it sent at three different times or let the boys go after it. Other things we intended mentioning but will not now in regard to high living, friends can you name a paper in our good state that has raised a yell when the school term has been lengthened or when the telephone wire was being stretched over the country. Do you know one that has howled at our little towns being turned into cities. Look at your house and see my neighbor if your cost of living can be reduced, if can be reduced if can or cannot come on and sing and whistle that great song with us.

Carolina Carolina heavens blessing attend her.

WHISTLING BOY.

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LIST OF UNCLAIMED LETTERS

Remaining in Post Office at Burlington, N. C., August 6, 1910.

GENTLEMEN:
J. W. Beaty, Walter Cheek, Lucian P. Elliott, R. R. Long, Clogen Menks, Rufus Swain, Whitt.

LADIES:
Miss Ola Foster, Miss Sadie Hobes, Mrs. B. B. King, Miss Mabel Morrow, Miss Jennie Morrow, Miss Mary Roberts (2), Mrs. Bettie Thompson, Miss Matilda Warren.

Persons calling for any of these letters will please say "Advertised and give date of advertised list."

J. ZEB WALLER,
Post Master.

Rev. F. M. Jourdan of Western N. C. one of the oldest pastors in the state preached at the Baptist church Sunday. Rev. Jourdan was the first man to ever preach in Burlington. He preached in a school house long before the Union church was built.

Read the SATURDAY EVENING POST. LESLIE HORNADAY Agent 'Phone 168.

Saved From Awful Peril.

"I never felt so near my grave," writes Lewis Chamblin, of Manchester, Ohio, R. R. No. 3, "as when a frightful cough and lung trouble pulled me down to 115 lbs in spite of many remedies and the best doctors. And that I am alive today is due solely to Dr. King's New Discovery, which completely cured me. Now I weigh 160 lbs and can work hard. It also cured my four children of croup." Infallible for Coughs and Colds, its most certain remedy for LaGrippe Asthma, desperate lung trouble and all bronchial affections, 50c and \$1.00. A trial bottle free. Guaranteed by Freeman Drug Co.

N. & W. Norfolk & Western

MAY 15, 1910.

No. 22	No. 24
Lv. Charlotte 11:00 a. m.	7:10 a. m.
Lv. Winston 2:40 p. m.	7:51 a. m.
Lv. Walnut C. 3:15 p. m.	8:23 a. m.
Lv. Madison 3:43 p. m.	8:27 a. m.
Lv. Mayodan 3:46 p. m.	9:26 a. m.
Lv. Martinsville 4:44 p. m.	11:45 a. m.
Ar. Roanoke 7:00 p. m.	
No. 21	No. 23
Lv. Roanoke 9:15 a. m.	5:00 p. m.
Lv. Martinsville 11:40 a. m.	7:30 p. m.
Lv. Mayodan 12:52 p. m.	8:22 p. m.
Lv. Madison 12:55 p. m.	8:26 p. m.
Lv. Walnut C. 1:27 p. m.	8:52 p. m.
Ar. Winston 2:10 p. m.	9:30 p. m.
Ar. Charlotte 5:50 p. m.	

Nos. 21 and 22 daily; Nos. 23 and 24 daily except Sunday.

Connections at Roanoke for all points North, East and West; Pullman Parlor sleeping cars, dining cars; meals a la carte.

If you are thinking of taking a trip, you want quotations, cheapest fares, reliable and correct information, as to route, train schedules the most comfortable and quickest way, write and the information is yours for the asking with one of our map folders.

Trains leave Durham for Roxboro, South Boston and Lynchburg 7:00 a. m. daily, and 5:30 p. m. daily except Sunday.
W. B. BEVILL, Gen. Agt.
M. F. BRAGG, Trav. Pas. Agt.
Roanoke, Va.

Facts

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CHATTANOOGA TENNESSEE



General Julian S. Car, of Durham, has accepted an invitation to deliver the address at the annual picnic at Old Furnace in the northwestern part of Gaston county Saturday, July 30.

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One good 6 room house; one good 3 room house; one good feed barn with good buggy shed; one good crib and smoke house; two good tobacco barns; good well of water. This is one of the most desirable farms for sale in our county. If interested call at our office and get prices and terms.

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