

WHICH WOULD YOU BE.

Little Miss Smile and Master Frown Went off for a ramble out of town.

said she: "But they make my head ache,"

grumbled he: "Oh, look," she cried, "at these roses

bees have stings.

things!

Frown Empty-handed went back to town.

soms gay,

sang for glee:

Now, which of the two would you rather be? —Children's Magazine.

TED AND THE WOOD PILE.

"I'll be glad when I get that whole pile of wood in. Then I'll be through with it, won't I mother?"

"No, Ned. You know I shall want you to carry out the ashes, after the wood is burned up," answered

I'll be through with it "No, I think not," answered mother, while Ned's eyes grew big with wonder. "You will scatter the ashes things. on the cornfield, and father will plow them in in the spring. Then you will help him plant the corn, you know. Then the corn will grow, eating the ashes and ground about it. and by and by you will eat the sweet | and profane language.

"Oh, we'll sort of eat the wood ourselves, and that will be the end of the old wood-pile."

"Not quite," said mother. "There will be the cobs left, and stalks of corn. We may feed them to the pigs, or to the cows, and that will give us meat or milk.'

"Well, I never knew before that there was so much in a wood-pile," said Ted .- Zion's Herald.

HOW TUBERCULOSIS SPREADS.

Just for instance: A young man who had been clerking for years in the basement of a huge department store developed a cough! And he was tired, so tired that his sister suggested that he take a vacation in mid-winter. She was a dress-maker, making good money, and she thought he needed a little rest.

So he got leave of absence and changed from the unventilated basement of the store to the over-heated and equally unventilated flat. To be sure, he took an occasional walk, but most of the time he sat in the back parlor reading, and when this occupation palled, he went into the work-room and chatted with the women sewing on pretty frocks for a score of customers. And wherever he went, he expectorated. There was a spittoon, a dry spittoon, in every room!

But he got no better, the coughsyrups did not cure and finally he went to see a doctor. The doctor sent a sample of this young man's sputum to the laboratory conducted by the Board of Health and had it young man was sent to a sanatorium the Washington Star: "What makes laden home and employing a dozen thing about." We are so uncomberculosis could infect the families we try to relieve our minds by astouch at least one hundred and fifty move for self-protection by hiding its unsuspecting persons .- From Woman's Home Companion for March.

from the point of view of evil we can give rise to them, let us have the neither see nor understand real good- courage and the character to make ness.—Annie Payson Call.



EXERCISE AND BREATHING.

"Limited breathing capacity is one of the most common physical The skies were blue and the blos- ills," says Dr. Jean Williams in Woman's Home Companion for March. And birds were singing along the "Poor breathers are found not only among the sick of the earth, but also among the moderately well. All "How clear and sweet they sing," chronic invalids are poor breathers, and it is quite likely that they never would have been invalids if they had been good breathers.

"Now here is the connection between good breathing and exercise. "But they prick my fingers so," he In order to be a good breather it is necessary to have sufficient lung capacity. Suitable exercise broadens "See the bees in the clover." "But and deepens the chest, gives freer capacity to the lungs and better fits And those dandelions are common them for their important task of supplying oxygen to the body and Then scolding and scowling, Master relieving it of the deadly carbonic

"When in the fresh air, breathing deeply, we absorb enough oxygen to But little Miss Smile along the way saturate the blood. If we are exer-Had gathered a bunch of the blos- cising briskly at the same time time, we absorb more oxygen, and are, And she laughed and jumped and therefore, just so much better off."

WHY HE WAS NOT PROMOTED.

He watched the clock. He was always grumbling.

He was always behindhand. He asked too many questions?

His stock excuse was, "I forgot." He wasn't ready for the next step. He did not put his heart in his

He learned nothing from his blun-

rate man. He chose his friends among his in-

He ruined his ability by half doing He never dared to act on his own

He did not think it worth while to He thought it clever to use coarse

He imitated the habits of men who could stand more than he could. He did not learn that the best part of his salary was not in his pay en-

THE ANCHOR WATCH.

velope.—Success.

"I often recall," says an old sailor, "a certain night at sea. A storm had ford. "a certain night at sea. A storm had come up, and we had put back under a point of land, but still the sea had a rake on us, and we were in danger of drifting. I was on the anchor watch, and it was my duty to give warning in case the ship should drag her anchor. It was a long night to me. Placing my hand on the chain,

whether the anchor was dragging or the stool, returned in a bruised and not; and how often that night I battered condition, and with an empplaced my hand on that chain! And ty pail. "I done my best, sah," he very often since then I have wonder- explained. "Dat stool looked all right ed whether I am drifting away from to me, but de blamed cow, she won't God, and then I go and pray. Sometimes during that long stormy night would be startled by a rumbling sound and I would put my hand on the chain, and find that it was not the anchor dragging, but only the chain grating against the rocks on the bottom. The anchor was still firm. And sometimes now in temptation and trial I find that way down deep in my heart I do love God, and my hope is in His salvation. And I want to say just a word to you, boys, Keep an anhcor watch, lest before you are aware, you may be upon the

WHEN WE DISLIKE OTHERS.

Whenever we find ourselves feelexamined. When the young man ing bitter against anyone, this is called again, he was told that he had probably accounted for by the fact Burns, Scalds, Cuts and Piles. 25c. at consumption. The Board of Health that we have been unfair in some all Druggists. was notified of the fact by the phy- way to that one. The truth of this sician in charge of the case. The is suggested by the following from for incipient cases, the house was that man dislike you-so much?' 'I fumigated and the dressmaker- haven't the faintest idea,' answered mainstay of the family though she the student of human nature. 'Probwas-heard some plain truths about ably he has played me some undershipping out frocks from this germ- hand trick that I don't know anyworkers in one room, without proper fortable over our own wrong-doing ventilation. That one case of tu- in being unfair to a fellowman, that of the dozen sewers and the two suming that he is wrong, and theredozen customers. It could spread fore a fit object of our dislike. It is out its death-dealing tentacles and a good deal like the ostrich's sensible head in the sand. Let us have the good sense to look for the cause of From the point of view of good and when we have located the par-we can see and understand evil, but ticular injustices of our own that of the par-ville, Richmond, and Washington, at the handsomest amends that we can No dislike can survive under such heroic treatment.—Sunday School

> conviction, deepened and strengthened by long experience, of the reality, the nearness, and the personality of God.-Gladstone.

Habits were never formed in a day, and they cannot be mastered in a day. Time, with heart and mind united in determination, can conquer any evil habit, and make or strength- ma with A. C. L. for points south en any good one.

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SOME INTERESTING FACTS.

Glass bathtubs are common in The average life of a mouse is

three years. The Emperor of Japan has thirty

Asparagus is the oldest known lant used for food. An Arab drinks nine or ten cups

of coffee every day. A single crow destroys seven hondred thousand insects a year. Sixty-four to the million of the

world's population are blind. To run the public schools of New York is will take \$31,641,323 this

Nine million tons of coal are consumed in the city of London every

There are two hundred and ninety species of moss found in the British It takes fifty modern vessels to lay and look after the submarine cables

The fashions in women's dresses have not changed in Japan in twenty-

five hundred years. One person in every hundred thousand is killed by lightning each year in the United States. In greeting a friend among the

libetans it is customary to hold up the hand and stick out the tongue. It is estimated that more than forty-nine million food animals were slaughtered in the United States last

RESIGNATION.

Resignation is the courage of old age; it will grow in its own season, and it is a good day when it comes to us. Then there are no more disappointments, for we have learned that it is even better to desire the things that we have than to have the things that we desire. And is not the best of all our hopes—the hope of immortality-always before us? How can we be dull or heavy while we have that new experience to look forward to? It will be the most joyful of all our travels and adventures. It will bring us our best acquaintances and friendships. But there is only one way to get ready for immortality, and that is to love this life. and live it as bravely and faithfully as we can .- Dr. Henry Van Dyke.

Never, never do great thoughts come to a man while he is discontented or fretful. There must be quiet in the temple of his soul before the windows of it will open for him to see out of them into the infinite. Quiet is what heavenly powers move in. It is in silence that the stars move on, and it is in quiet our souls are visited from on high .- Mount-

On a Southern plantation the dairy hands were accustomed to do the milking, squatting down in a primitive fashion, until the owner introduced milking stools with other improvements; but the initial experiment was not exactly a success. The I could tell by the feeling of it darkey who first sallied forth with sit on it!"

> Never destroy the faith a man has unless you can give him something better in its place.

> The man who lives to please himself will find that he has a hard master.—Ram's Horn.

It Saved His Leg.

"All thought I'd lose my leg," writes J. A. Swensen, of Watertown, Wis.: "Ten years of eczema, that 15 doctors could not cure, had at last laid me up. Then Bucklen's Arnica Salve cured it, sound and well." Infallible for Skin Eruptions, Eczema. Salt Rheum, Boils, Fever Sores,

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No. 21, west, 8:35 a. m., through train with chair car for Durham, Greensboro, Salisbury, and Asheville, our personal dislikes in ourselves; Oxford, Henderson, Norfolk, Keys-Greensboro for points North and South.

No. 139, west, 4:05 p. m., handles through Pullman sleeping car for Atlanta, connects with train at Durham for Oxford and Keysville, at Greensboro with through train for Washington, Baltimore, Philadelphia, and After sixty years of public life, I New York; also connects at Greenshold more strongly than ever to the boro for Asheville, Knoxville, Cincinnati, Louisville and St. Louis.

No. 112, east, 4:30 a. m., for Selma and Goldsboro, connecting at Selma with A. C. L. Railway for Wilson and Rocky Mount, at Goldsboro for Wilmington; also for Kinston, New Bern, and Morehead City.

No. 144, east, 12:30 p. m., for Selma and Goldsboro, connecting at Seland north; also at Goldsboro for Wilmington, Kinston, and New Bern. No. 22, east, 6:30 p. m., for Selma and Goldsboro, connecting at Selma Indomitable will and tremendous en- for points south on A. C. L. Railway, ergy are never found where Stom- and at Goldsboro for Wilson and

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