

TO STRENGTHEN A WEAK MEMORY

Discourage Too Much Memorizing for Small Children—Develop Attention—Tricks of Association Which Aid Memory—Recovering Memory After Serious Sickness.

BY MARGARET E. SANGSTER. (Copyright 1905 by Joseph B. Bowles.)

Memory is a pack-horse able to carry safely whatever is entrusted to him, if it be properly fastened. If the latter precautions are neglected, he is liable to drop bits of his load along the highway, and the strong probability is that they will not be worth picking up.

Memory is a servant, sometimes well trained and responsible, sometimes lazy and inefficient. Memory is a useful friend or a treacherous foe. Memory is a mechanical device, convenient so long as it is in smooth working order, and exasperating when it slips out of gear at an unlucky moment. To drop simply, memory is a quality of the brain which it is in your power to strengthen or weaken precisely as you please.

The familiar adage that in early childhood impressions are most lasting and that the mind is then wax to receive and marble to retain, has become commonplace. During the earlier years there is great activity in the human mind, growth and development are extremely rapid, there is expansion on every side and children learn with great facility. One often observes with amazement the wonderful memory of a precocious infant, who recites with accuracy long poems and fables before the lips have acquired the trick of perfect speech. To hear a baby fluently repeat nursery jingles in pretty broken English is very amusing, yet the exercise is by no means wholesome, or does it necessarily imply that the memory will be retained at a later date. Parents would much better discourage too much memorizing by very small children. As they grow older and begin school life in earnest they may lay the foundations for a trustworthy memory of incidents and events by the thoroughness and exactness with which they perform their school duties. The cases with which children and young people memorize would never be lost if, as they grew older, they continued the habit of study.

In many people memory becomes atrophied, just as would an arm were it tied up and kept stationary for months at a time. They give memory nothing to do and it loses the faculty of doing anything which called upon it.

To retain a vigorous memory it is well to give it daily exercise. The Rev. F. W. Robertson, a famous divine of his day, and one whose influence was felt around the globe, memorized the entire Greek Testament by the method of learning two or three verses every morning while he was dressing.

The honored and beloved Dr. Maltbie Babcock, of New York, whose sudden death some years ago was widely mourned, had made it his custom to commit to memory 100 lines of poetry from Wordsworth, Milton, Tennessee and Browning every day of his life, never intermitting the task. A brilliant and clever woman in her eighties keeps up her life-long custom of studying and reciting a page from a favorite author every day. The phrase "commit to memory" in instances like these is happily descriptive. When one has thus trained memory, treasures which are committed to it as safely sent on occasion to a safe deposit vault or money is entrusted to a bank.

The principal aids to the memory are attention and association. If one is aware that memory is weak, instead of lamenting the fact or parading it as though it were an affliction, let to work be borne with as patiently, set to work as speedily as possible to repair its losses. Ascertain where it is least serviceable and begin the task of strengthening it in that place.

There are many people who have a good memory for dates and for figures but have only a slight memory for faces, and who forget whatever they hear almost as soon as they leave the speaker's presence. They have probably allowed their attention to wander and have encouraged in themselves the fatal habit of absence of mind. Absence of body might better be urged as an apology for inattention than absence of mind. The body is than absent anywhere, the mind should be present too. Attention is like a hammer that drives a tack; give your whole mind to what you are hearing and you will not easily forget it.

Association helps to fix things in memory. Thus, if one desires to remember a friend's residence, it may be done by a mental process involving the use of the multiplication or of a little problem in long division, which may be woven around the figures of the address. In my own experience I have found useful a sort of mental invisible tablet. I associate certain names in a certain order, and write them on a slate that hangs upon the wall of memory and is as plain to me as if seen with bodily eyes. Sometimes I associate an incident with color, as red, or yellow, or green. Sometimes a group of incidents are recalled by the name of a place. Attention and association are the twin factors in bolstering memory and making it effective. Determine to remember a certain incident or story, arrange it in your mind, label it, set it away for future use, and when you want it memory will deliver it to you intact.

Of course there are always calendars, schedules, diaries and memory and book. If you object to carrying much luggage on the road make memoranda and consult them at your discretion. The person of many engagements may find it well to have them arranged consecutively, where they may be found at call. The woman whose visiting list is long would better furnish herself with a carefully kept address book than try to remember every one's street and number. Com-

TWO CROOKS IN HANDS OF POLICE

Special The News. Wilmington Aug. 31—The following quotation from a letter to the Atlanta police force from J. J. Reagan, chief of local interest here:

"There is a man here named Frank A. Bell who I think is wanted in Atlanta for bigamy. He married a woman here last December and I am informed that he married a daughter of Mrs. B. B. Davis, of East Point, Ga. a year or two ago. He has another wife at Wilmington, N.C. but her family will not prosecute him, I think he has a half a dozen wives."

This some Bell is supposed to be the defendant in suit which appears on the docket of the Superior Court in this county under the title of Winnie Lee Bell vs Frank A. Bell, the suit being brought really by the plaintiff's guardian, Mrs. Eva B. Register, the plaintiff being under the amended divorce laws of North Carolina. The former Miss Register makes her home here where she is well known. She was only 17 years old when the wedding took place.

An arrest was made in Norfolk this morning by order of chief of police Williams of the Wilmington police force that will probably place in the hands of a man who has been working a practice of jumping hotel bills in the South for some months past. The fellow registered at the Orton hotel here ten days ago under the name of J. E. West of Springfield, Ohio, and claimed that he was traveling representative of the Texas Land Company. He remained at the hotel one week and then left, carrying his baggage with him, without settling a bill of \$50 he owed, on account of board and money borrowed from the hotel. Authorities in neighboring cities were wired a description of the fellow and today the Norfolk chief of police reported that it was believed West was there and wanting to know if he should be placed under arrest. A telegram was sent to have him arrested and he will be brought back here tomorrow.

Several weeks ago a party left the Piedmont hotel at Atlanta, without paying his bill, and it is believed that West is the same person. He registered at Atlanta under the name of Grant. It is thought that he has been making it a practice to jump hotel bills and that he is the party wanted in several cities. He is a clean shaven, middle looking fellow about 35 years old.

William Waldorf Astor spoke recently before the London Cabmen's Benevolent society, an organization in which he takes a deep interest. Mr. Astor's subject was "Kindness," and at one point he said "Kindness is a virtue that stands out brightest in contrast with some signal piece of cruelty that was practised, my gardener informs me, on a certain costermonger: 'This costermonger lay dying. As he neared his end his wife said to him, 'Don't you think you could eat a bit of something John?' 'I might,' the man answered. 'Good,' she said. 'Now, what can I get for you?' 'Well,' said the costermonger, 'I seem to smell a ham a-cooking somewhere. I think I could eat a bit of that.' 'Oh, no, John dear,' said the wife, 'you can't have that.—That's for the funeral.'"

Author's Audacious Venture. When E. F. Benson, son of the Archbishop of Canterbury, wrote "Dodo" all England was shocked. Now he has followed with "The House of Defence," a novel whose audacity is unparalleled. This remarkable romance will appear serially and exclusively in this paper, beginning Sept. 3 prior to book publication. It is fifth of the Authors and Newspapers' Association's celebrated \$150,000 series. Order in advance.

GOOD AND HARD. Results of Excessive Coffee Drinking. It is remarkable what suffering some persons put up with just to satisfy an appetite for something. A Mich. woman says: "I had been using coffee since I was old enough to have a cup of my own at the table, and from it I suffered agony hundreds of times in the years past. 'My troubles first began in the form of bilious colic, coming on every few weeks and almost ending my life. Every attack for 8 years I suffered in this way. I used to pray for death to relieve me from my suffering. I had all sorts of attacks of sick headache, and began to suffer from catarrh of the stomach, and of course awful dyspepsia. 'For about a year I lived on crackers and water. Believing that coffee was the cause of all this suffering, I finally quit it and began to use Postum Food Coffee. It agreed with my stomach, my troubles have left me and I am fast gaining my health under its use. 'No wonder I condemn coffee and tea. No one could be in much more critical condition than I was from the use of coffee. Some doctors pronounced it cancer, others ulceration, but none gave me any relief. But since I stopped coffee and began Postum I am getting well so fast I can heartily recommend it for all who suffer as I did.' Name given by Postum Co., Battle Creek, Mich. Read the little book, 'The Road to Wellville.' 'There's a reason.'"

Pearls Found on Bowery. Miss Nina Alstyne, the noted Bowery Settlement worker, missed a \$5 bill from her purse last evening and found in its place two priceless black pearls. This mystery was made clear by E. F. Benson in "The House of Defence," which begins exclusively in serial publication in this paper Sept. 3, prior to appearance in book form. It is the fifth of the celebrated \$150,000 series issued by the Authors and Newspapers' Association.

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Many a man's ability to put on a good front is due to his wife's ability as a washerwoman.

CALL MARGINS GAMBLING.

Dispute Over an Estate in North Carolina as to Whether a Gambling Debt Should be Paid as Against Other Creditors. New York Herald.

Senator Overman, of North Carolina, is seeking to have his administration of the estate of J. E. Lanier, who died in New York more than ten years ago, reviewed by the courts, that \$30,000 paid by the Senator, as administrator, to the firm of W. B. Rountree and Co., cotton brokers, of No. 4 Cotton Exchange building, may be recovered for certain creditors and relatives of Mr. Lanier in North Carolina.

Senator Overman, who is a lawyer of great reputation in his own State, was elected to the United States Senate in 1903. His term will expire in 1909. He was made administrator of the estate of his friend, Mr. Lanier, representative of a prominent Southern family, and at once assumed management. Among the debts presented for settlement was one for \$30,000, alleged to be due to Rountree and Co., for notes passed by Lanier to the firm in a cotton deal. Creditors in North Carolina were forced to take fifty cents on the dollar, it is alleged, because of the inroads made upon the estate by the payment of this claim.

Relatives of the late Lanier join with the creditors in the efforts which they are about to make to have the courts here and in North Carolina declare the payment illegal on the ground that the notes were given for the purpose of dealing on a margin, which, it is said, under the North Carolina law is construed as gambling. It is held that an administrator has no right to pay out a gambling debt as against other creditors. The center of the agitation is Salisbury, the home of Senator Overman.

Four prominent law firms have been retained by the creditors and members of the family of Mr. Lanier, and arrangements have been made to have a hearing before a court commissioner in this city. L. H. Clements, of Salisbury, came here this week to conduct the examination in the interest of Senator Overman and R. H. Rountree and Co., successors to the original firm of W. B. Rountree and Co. The sudden death of Albert L. Rountree, a member of the firm, put a temporary stop to the proceedings. Mr. Rountree knew the details of the transaction and was a most important witness.

It is argued by Senator Overman and the Rountrees that cotton operations, even on a margin, have been held by all the courts to be legitimate commercial transactions. They say the position of the contestants is untenable. On the other hand the contestants assert that the matter is still open for review on account of the delay in settling up the estate and filing the final accounting, which was done recently. Papers on file in Salisbury, where the suit is brought, cannot be obtained until the lapse of a year under the North Carolina practice. Hence it is impossible to present the exact language of the complaint.

Some of Senator Overman's friends pretend to see political significance in the attack on him, in view of the fact that a bitter fight has been started upon him by the Republicans and Populists of the State.

'SQUIRE HILTON'S RETREAT. The Melancholy, The Sad and The Downcast Find Cheer Here—Squire's Popularity. If one should ask each of the hundred or more men who have business, or who do not have business at the county court house every day, where they find the most pleasant place to while away a few minutes of their time, the benefit of the sanest opinions on subjects of the day, they would all say that Squire S. H. Hilton, with the possible rivalry of Dr. Walker, across the hall, was the man to drop in on.

It is only when the doors are closed and locked that a crowd of friends can be seen in the Squire's office, which is the most popular place in the county court house at present. The Squire has a tact understanding that grim melancholy shall not find room for existence in his office, nor shall the conversation ever turn towards blue things—if it does, the owner of the office will frown on the offender until the latter is telling a joke unconsciously.

Many men have made the discovery, without knowing why, that in the Squire's office, they will always have a spell of joviousness, or a bit of laughter that will do them good for the rest of the day if they just stop in for that reason. The Squire has become an expert entertainer, and with a store of ready wit, and of good stories, in his eventful life, he will promptly take the lead unless somebody else can tell one better, whereupon the Squire follows the wise course of silence.

Squire Hilton manages to get in a large amount of business, between times, but he does not let business matters bother him, and consequently he is already for new work, and always fresh for work. "I'll just drop around in Hilton's office a bit" is an expression that is heard every few minutes in the court house hallways, and when the cheer begins to warm things up a bit Dr. Walker always comes over, and the circle is complete. The Squire will suffer no one to join the select crowd unless they can tell a good joke, or at least listen untrifled to a joke on themselves—the latter thinks Squire Hilton is the greatest wit in the city.

All day to-day when not engaged in the services of the law, the Squire has listened to the stories of the audiences that change every few minutes like the kaleidoscope, while Sam Ross, who acts as constable, and leads the laugh when the Squire or his friends tell jokes, holds down a chair in the corner and smiles all day at the honest faced audience, who are enjoying a sojourn in the Squire's office.

Verily there is no more popular place in the court house, and the question of organizing the regulars into a sort of current-topics society with plenty of jokes spiced in, is already being agitated.

East street's sunny side isn't paved with good intentions.

THE COST OF LIVING.

While the Earnings of the Wage Earner are Increasing the Clerk and the Salaried Man are Losing. New York Sun.

In the census statistics of persons engaged in gainful occupations no distinction is made between those who work for a daily or weekly wage and those who receive yearly salaries, although the conditions of these two groups are economically entirely unlike among wage earners in nearly all other fields of industry.

The Commissioner of Labor recently submitted a report of the representative manufacturing industries of the United States, in which it was shown that the condition of the wage earners last year was better than ever before in the history of the country. Wages were high, employment was unusually steady and dollars brought more than they usually do. While there is no official report to say that the conditions prevailing among wage earners in manufacturing industries prevailed last year, it is true that in nearly all other fields of industry.

In some lines there has been an increase in the daily wage rate; and in others, while there may have been little or no change in wage rates, there has been steadier employment and therefore an increase in the total amount of wages. It may therefore be assumed that the economic condition of the wage earners of this country has never been better than, or even quite so good as, during the years 1905 and 1906. The agricultural laborer is a wage earner, but the 6,000,000 farmers, planters, dairymen, etc., are neither wage earners nor salary earners. Good crops and good prices for crops have given to them an abundant prosperity. The general activity of trade and commerce and fair profits on transactions have placed the merchants beyond any very keen anxiety as to the cost of living.

There is however, a class, large in numbers though difficult if not impossible of precise tabulation, to which the general prosperity, as represented by trade activity, high wages and high prices has brought loss rather than gain. In this group there belong, properly, the clerk, the salesman, the bookkeeper, the clerk, the teacher, the soldier, policeman, the Government employee and many others whose incomes are in the form of fixed salaries. Most if not all of them have been losers rather than gainers by the increased cost of living. As that increase is beyond question due in large part to the increase in the wage rate of wage earners, it may even be said that the salary earner is injured by the general prosperity of the producing and trading classes. The number adversely affected by the increased cost of living is probably more than two millions.

The business men may organize or join a trust, and the wage earners may join a union, and so secure for themselves a larger share of the product of our national activities; but the teachers, the preachers and the salaried employees must dance to a tune set for them by others. Each of them must pay his or her share of the larger carrier and the larger dividend the hood carried and the larger dividend of the railway company. They must pay the higher cost of living out of incomes which do not rise with the increase in the price of commodities.

While strolling one afternoon on the deck of the steamship that was bringing him back to this country from his trip to Europe, Bishop Foster observed a couple of particularly seakick individuals. The woman was reclining in a big steamer chair, and exhibited all the signs of that utter despair and indifference to life common to the unfortunate person suffering from seasickness. At her feet crouched a man, apparently just as ill as the lady herself. His head was in the woman's lap. The unhappy couple presented such a woebegone appearance that the good bishop was deeply touched by their melancholy condition, so he went to them, and addressing the lady, inquired whether he could render her any assistance.

The lady shook her head sadly, murmuring, "No, thank you." "I am very sorry," added the bishop. Then, after a moment's pause, he asked, "Then perhaps I can be of service to your husband here?" The wretched woman, without so much as moving her head, gave an indifferent glance in the direction of the man whose head was in her lap, and in a tone that betrayed not the least interest in her unfortunate colleague in misery, she replied, "He isn't my husband. I—don't know who he is."—Woman's Home Companion.

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