

Abraham Lincoln

used to say that if he wanted to know anything about a man he asked his neighbors. That is good reasoning. If you want to know anything about GOWAN'S PNEUMONIA CURE, ask your neighbor. It has been used somewhere in your neighborhood, and we are willing to stand on what YOUR neighbor says. Willing because we know that it never fails to Cure Croup, Colds, Coughs, Pneumonia, Appendicitis—wherever INFLAMMATION is, that is where GOWAN'S becomes absolutely supreme. External. All druggists, and wise is the family that always keeps a bottle in the house. Two sizes, 50 cents and \$1. ORDER IT BEFORE YOU DIE or delivery is not guaranteed.

THE FAIR SEX.

Jealousy is the tribute a woman pays to a man's vanity. All one has to do in order to entertain a vain woman is to feed her vanity. It's a waste of time to tell a woman that it's a waste of time to worry. Any kind of a hat looks good on a woman if she has the right sort of face. A woman's idea of a good husband is one who will go shopping with his wife. A woman's curiosity is exceeded only by that of a man who says he hasn't any. It's easier for a woman to make a fool of a man than it is for her to make a man of a fool. A man fools his wife about his actions a good deal less than she fools the neighbors about them. Perhaps a widow finds it easy to get married again because she doesn't expect perfection in a man. As soon as the honeymoon is over a man discovers that his wife isn't an angel—then he quits posing as a saint. A woman always wants to be a man's friend so he can do something for her to prove that he is glad of it. In after years a spinster may have cause to congratulate herself on the number of times she didn't get married. Occasionally a woman is glad when her husband makes her cry, because she can work him for a peace offering. It may be the uncertainty of flirting that appeals to a girl; she is never quite sure but what she really means it. The woman who declares that sentiment is a hopeless form of insanity is either a confirmed spinster or unhappily married. When you see a woman standing in front of a mirror she is either admiring herself or planning to improve her looks.

COLLEGE GRADUATE.

Found Clear Thinking Assured by Right Food. A college student should know that clear thinking comes easiest from a brain well and properly fed. "I have now been using Grape-Nuts steadily four years and having passed the experimental and over-enthusiastic stage. I feel sure of myself and have settled down to a solid basis of fact. This I have derived largely from that excellent little booklet, 'The Road to Wellville' which I have largely adopted as my faithful guide in matters pertaining to eating, exercise and health in general. "On first reading the booklet I was struck with its plain common sense and moreover found that it was in harmony with physiology and psychology so far as I had learned them in my study of these subjects at college. "For at least ten years before I began to eat Grape-Nuts, I had been accustomed to eating freely of fried meats, white bread, biscuits and what not, with resultant headaches, some dizziness and an appetite that was capricious and uncertain. All this, too, seemed to affect my brain and nervous system, for while engaged in study I found it hard to concentrate my thoughts. "I could think very well for a little while, but soon grew restless and inattentive. Nor can I emphasize too much the change that I have brought about by adopting rational habits in food and exercise. "There is now an elasticity in my muscular system, a steadiness of nerve, and an ability to think continuously along a given line, that I prize most highly and which I attribute to the use of Grape-Nuts food. "There's a Reason." Name given by Postum Co., Battle Creek, Mich. Read 'The Road to Wellville' in pkgs.

THE PRESIDENT NO DRUNKARD.

Spirited Defence by His Friend, Dr. Albert Shaw. From the American Review of Reviews. Those who live in distant parts of the country and have no direct means of finding out for themselves would be astonished if they could but know the state of mind that has now for some time prevailed in the financial district of New York city. President Roosevelt is one of the most wholesome and normal personalities in public life. He is temperate and abstemious to a marked degree. With sound physical health and a clear conscience, he never worries. He always sleeps well, and he faces his day's work with a clear eye, an unexhausted fund of vitality, and a ready zest. Yet Wall street has persuaded itself that Mr. Roosevelt, of all men, is an inebriate, and that his messages and public utterances are inspired by alcoholic potations. Furthermore, Wall street has circulated this story all over the country. The small fry in the financial district of New York, being of limited mentality and easily gullible—and also being emotional and mercurial—have been readily persuaded into believing that Mr. Roosevelt is a drunkard, an insane man, a victim of nervous prostration and a malevolent demagogue. The New York mood against Roosevelt is like nothing except the "Copperhead" bitterness against Lincoln in 1863 and 1864. There are many excellent men in New York business circles who would like to be fair, and who are much surprised to be informed that Mr. Roosevelt does not drink, is not nervous and does not write his speeches and messages in a spirit of wrathful ebullition.

Easy-Going Morals in New York Society.

In the American Magazine, where Upton Sinclair is telling his great story of New York Society, the following passage appears: "A woman, married or unmarried, might travel with a man all over Europe, and every one might know that she did it, but it would make no difference, so long as she did not do it in America. There was one young matron whom Montague would meet, a raging beauty, who regularly got drunk at dinner parties and had to be escorted to her carriage by the butler. She moved in the most exclusive circles, and every one treated it as a joke. Unpleasant things like that did not hurt a person unless they got 'out'—that is, unless they became a scandal in the courts or in the newspapers. Mrs. Alden herself had a relative (whom she cordially hated) who had gotten a divorce from her husband and married her lover forthwith, and had for this been ostracized by Society. Once when she came to some semi-public affair fifty women had risen at once and left the room! She might have lived with her lover, both before and after the divorce, and every one might have known it and no one would have cared; but the conventions declared that she should not marry him until a year had elapsed after the divorce."

Possible Rivals in the Steel Trust.

The best steam and coaling coals in the United States are those of the Appalachian coal field which reaches from Pennsylvania to Alabama in a belt trending almost parallel to the Atlantic coast, and distant 150 to 350 miles from it. These Appalachian coals are in general far superior to those of other portions of the United States. For most of its extent this coal field is paralleled, on its eastern or coastal side, by a series of extensive iron ore deposits. These iron ores, however, though enormous in quantity, are usually of relatively low grade; but they can be placed on the seaboard at very low price per unit of weight. A plant located at the coastal end of a coal-carrying railroad could therefore depend on securing a cheap supply of high-grade fuel, and a cheap supply of low-grade domestic ore. But it would also be in a position to avail itself of still cheaper supplies of high-grade foreign ores, imported from Canada, the West Indies, South American and Spain. The duty on such ores is rebated in case the products made from them are exported, but even without this provision the ores used by a seaboard plant would not cost more than Lake ores at Pittsburg. In view of these facts it is remarkable that only one plant—that of the Maryland Steel Co. near Baltimore—is located so as to take advantage of this situation, though several eastern Pennsylvania plants depend partly on Pennsylvania coals. The principal points which offer the combination of factors necessary for the success of a seaboard steel plant are Baltimore, Norfolk, Brunswick, Pensacola and Mobile. Of these, Norfolk has such distinct advantages that it is improbable that it will long remain entirely undeveloped.—Edwin C. Eckel, in the Engineering Magazine for March.

HEALTH OF RACE SHOULD BE LOOKED AFTER BY NATION

At the last meeting of the American Association for the Advancement of Science a formidable movement was inaugurated to promote the national health and a committee of 100 appointed to direct. The president of the committee is Professor Irving Fisher, of Yale University, the secretary is Edward T. Devine, a prominent charity worker of New York, says William E. Curtis in the Chicago Record-Herald of a recent date. An American Health League has been formed, of which J. Pease Norton, of New Haven, Conn., is the secretary, and all communications may be addressed to him. The movement has the indorsement of President Roosevelt, who, in a letter to Professor Fisher, says: "Our national health is physically our greatest national asset. To prevent any possible deterioration of the American stock should be a national ambition. We cannot too strongly insist on the necessity of proper ideals for the family, for simple living, and for those habits and tastes which produce vigor and make men capable of strenuous service to their country. I am most cordially commending the efforts of your committee to bring these matters prominently before the public." At another time the president said: "I hope there will be legislation increasing the power of the national government to deal with certain matters concerning the health of our people everywhere. The Federal authorities, for instance, should join with the state authorities in warring against the dreadful scourge of tuberculosis."

HEMORRHOIDS SORES AND ECZEMA

Accompanied by Terrible Itching—A Complicated and Most Distressing Case—Well-Known Remedies Failed to Cure—Doctor Thought an Operation Necessary—Then CUTICURA PROVED ITS WONDERFUL EFFICACY. "I am now eighty years old and one morning, three years ago, I was taken with a hard pain in my right side. In two days I had an attack of piles (hemorrhoids) which were very painful. The doctor gave me some medicine and an ointment for them which helped me some but I had to keep using them all the time. Then I changed to the P. remedy; but if I did not use it every day, I would get worse. The doctor said the only help for me was to go to a hospital and be operated on. At this time, about a year ago, I went to using the S—remedies. I tried them for four or five months but did not get much help for my piles. During this time sores would come on a fleshy part of my body. They bothered me all the time. I would get one healed and another would come. These sores changed to eczema, accompanied by a terrible itching. It seemed as if I could not keep my hands from tearing my skin, and the pile troubles brought on an inflamed condition. Then I got the Cuticura Remedies. I washed the affected parts with Cuticura Soap and kept using it morning and night, and at night, then used Cuticura Ointment on the irritated surfaces. I injected a quantity of Cuticura Ointment with a Cuticura Suppository Syringe. I also took Cuticura Resolvent Pills three times a day. It took a month of this treatment to get my piles and my body state where I treated myself once a day for three months and, after that, once or twice a week. It is fortunate that I used Cuticura. The treatments I had tried took a lot of money that I would have saved by using Cuticura Remedies sooner, but I am wise now, and am supplied with a full set of the Cuticura Remedies and would not feel safe without them. J. H. Henderson, Hopkinton, St. Lawrence Co., N. Y., Apr. 26, 1907. Complete External and Internal Treatment for Every Humor of Infants, Children, and Adults consisting of CUTICURA SOAP to Cleanse the Skin, CUTICURA OINTMENT (50c) to Heal the Skin, and CUTICURA SUPPOSITORIES (50c) to Purify the Blood. Also the Cuticura Sundry System of Diet. Sold throughout the world. Potter Drug & Chem. Corp., 57 Maiden Lane, New York, N. Y. Send for Free Cuticura Book on Skin Diseases.

Fat All My Life, and How I Got Rid of It.

First a captivating plumpness begins to steal upon a woman in her twenties. Plumpness is followed and followed by fatness and then, alas, comes the chin that is double and the comical lumbering waddle of the overweight. Fine sarcasm to tell such a woman to exercise. Why not counsel fasting? She is as able to do one as the other. It's another keen cut to suggest dieting. When ladies are just so fat they haven't an ounce of will power or energy to spare for extras—just living is hard enough work for them. What then? Are these unfortunate condemned to be fat for life? No, believe it or not; a simple home receipt, easy to get at a drug store, will take that fat off and keep it off. Listen! 1/2 ounce Marmola, 1/2 ounce Fluid Extract Cascara Aromatic and 3/4 ounces Syrup Simplex mixed at home and take a teaspoonful dose after meals and at bedtime, will take off as much as a pound a day in some cases. Get the Marmola in the sealed packages—you are sure it is the fresh that way—take the mixture a month and you'll see. The fat seems to drop off and leave nice, smooth firm flesh, while the health and complexion improve wonderfully. row in spirit—where just a few enjoy life and the rest are unable to do so." The immediate programme of the committee of one hundred is to secure legislation authorizing the President to reorganize and consolidate the scientific and hygienic bureau of the Federal Government. The next step will be to increase the appropriations and to enlarge the powers of such bureaus so that they can work more effectively and reach further for the benefit of the public health. In the meantime the committee will publish a magazine and other literature for general circulation among the fathers and mothers and will supply specific information that may be needed, or be useful to the public. The department of agriculture spends \$7,000,000 every year to improve the plants and animals. During the last ten years it has disbursed over \$46,000,000 for that purpose, but congress has never appropriated a cent to improve the babies of the country. And, as Professor Fisher says, thousands of questions are asked by fathers and mothers as themselves go unanswerd simply because there is no office in Washington equipped for that purpose. If strawberries wilt in New Jersey, or lambs fall sick in Arizona, the department of agriculture gives elaborate instructions as to what shall be done, but 2,000,000 human beings die every year and a large proportion of them die because they do not know how to live. Professor M. N. O'Shea, of the University of Wisconsin, insists that the work should begin in the country school houses and that it should be directed by the federal board of education at Washington. "In every progressive country today the hygiene of school life seems to be of paramount importance," he says. "At the international congress on school hygiene in London, August 5-10, 1907, there was an attendance of at least 500 delegates representing the governments of the world and societies devoted to the advancement of human welfare; and in addition there were 1,500 individuals interested in the improvement of the health of school children and all this implies. The fact was brought out at the congress that European countries notably Switzerland, Germany, France, England and Scotland, are doing more than we are in the medical inspection of schools, and they are seemingly making plans for an improvement in every direction of the hygienic conditions of school life. Even Italy the leading statesmen are apparently convinced that the matter of chief importance at the present moment in their educational regime is to place the whole business upon a hygienic basis. "It is the unanimous opinion of all students of the matter that the neglect of the hygiene of school life is, first of all, more or less disastrous to a considerable proportion of the pupils. With us, as in most European countries, children are compelled by the state to attend school for a number of years. Many of them suffer constantly from defective vision, head and other ailments, nervous overstrain aggravated by the excitement and stress of school life. Besides, pupils are always exposed to infectious diseases where there is no regular and effective medical inspection of the schools, and while some children whose resistance is great are not harmed by such exposure, still other children are in perpetual danger. In a certain city distinguished for its healthfulness the writer has been able to observe one school in which continually during the winter months at least one-fourth of the pupils enrolled are absent from causes which could easily be eliminated with competent hygienic supervision. The people in a way, but they have not yet organized effectively to control the matter. "Great as is the injury done to children when they are massed together in schools by the spread of infectious diseases, still, the injury resulting from imperfect seating, lighting, ventilation and sanitation is more serious. From every part of our country, as well as from the progressive countries of Europe, comes an urgent appeal from those familiar with the situation for improvement in the physical bases of the educational business. "Physical conditions in school children," continues Professor O'Shea, "and the equipment of school buildings are prejudicial to health and effective work in great economic waste that Cronin, of New York, maintains, 30 per cent of a school population of 600,000, 30 per cent of the children are from one to two years behind their proper class. Twenty-five per cent of these backward children were so principally because

of defects of the eye, ear, nose, or throat, which could easily be detected and remedied under effective medical inspection. Experiments at home and abroad have proven beyond any doubt that the majority of children of this sort, when given proper medical treatment, improve markedly in intellect and general conduct. The state attempts to educate these children, but its efforts are in considerable part wasted. Dr. Cronin calculated that in the special city to which reference has been made there was, on account of a lack of medical supervision of educational work, a yearly financial loss of \$1,666,666; and, of course, the loss which came from moral deviation due to defective physical functioning was of far greater importance. "The opinion is very generally expressed by educationalists, economists and physicians that if we could get what we now know about practical school hygiene generally recognized by school officers and teachers and respected by them in all their activities, the schools could be made of vastly greater service to the individual and to the state than they now are. "It is a matter of simple observation," went on Professor O'Shea, "that the people as a whole are not sensitive to either bad local hygienic conditions or to the intellectual, moral and economic value of improvements in these conditions. School hygiene is not peculiar in this respect; the principle applies to public health in general, and to such concerns as agriculture and the like. Federal interest in agricultural development has, it will be granted, proved of tremendous benefit to all our people. It is probable that federal regulation of the hygiene of school life would result in even greater good than has come from its service to agriculture. If federal activity could go no further than to popularize what is now known in reference to the subject in question, and conduct experiment stations for the advancement of knowledge pertaining thereto, it could not fail to yield in money returns immeasurably more than it would cost. But the gain after all would be in the development of a decidedly more vigorous and happy race. We in this country should profit by the experience of older countries in respect to school hygiene. Switzerland has led the nations in its concern for the physical welfare of its children. In that country, particularly in Zurich, there is a fully organized system of medical inspection, instituted by the cabinet and administered by competent physicians when they enter school, and at regular intervals in their progress through the schools; and this examination covers everything that can affect the health and the work of children in school, even their mental condition to determine whether they should be placed in special classes. A number of European countries are beginning to imitate Switzerland in attaching supreme importance to health and hygiene in educational work. There is now before the English parliament a bill, the purpose of which is to establish a national system of medical inspection of schools, and it is entirely probable that this measure will be enacted into a law. "The principle of central regulation of school hygiene is recognized in some legislation enacted at the last session of the legislature of Wisconsin. A bill was passed authorizing the state superintendent of public instruction to offer inducements to rural school authorities to improve the heating, ventilating and sanitary conditions of rural school buildings. Already a large proportion of the rural schools of the state have been benefited by this measure, and without doubt practically all the schools will in a very short time be receiving the full benefit of the school law because of this central regulation. In Wisconsin now a rural school house cannot be built unless the plans therefor have been approved by the county

Water Power in Cheap.

If water power is immediately available in sufficient quantity for the use of the factory, it is almost always the cheapest form of power to use. By this is meant, water power directly convertible into power for operation of machinery—not water power used to drive electric machinery from a distance, perhaps, of fifty or sixty miles. In plants where water wheels can be obtained to develop the power in the mill, the cost is practically reduced to the investment charges, the cost of oil and repairs forming a very small fraction of the operating cost. I have figured from a number of water-

Women as Well as Men Are Made Miserable by Kidney and Bladder Trouble.

Kidney trouble preys upon the mind, discourages and lessens ambition; beauty, vigor and cheerfulness soon disappear when the kidneys are out of order or diseased. Kidney trouble has become so prevalent that it is not uncommon for a child to be born afflicted with weak kidneys. If the child is not given the same great remedy, the child's flesh, or if, when the child reaches an age when it should be able to control the passage, it is yet afflicted with bed-wetting, depend upon it, the cause of the difficulty is kidney trouble, and the first step should be to treat the treatment of these important organs. This unpleasant trouble is due to a diseased condition of the kidneys and bladder and not to a habit as most people suppose. Women as well as men are made miserable with kidney and bladder trouble, and both need the same great remedy. The mild and the immediate effect of Swamp-Root is soon realized. It is sold by druggists, in fifty-cent and one-dollar size bottles. You may have a sample bottle by mail free, also a Home of Swamp-Root pamphlet telling all about Swamp-Root, including many of the thousands of testimonials received from sufferers cured. In writing Dr. Kilmer & Co., Binghamton, N. Y., be sure and mention this paper. Don't make any mistake. Get the name, Swamp-Root, Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y., on every bottle. "We Have It That Bicycle you are thinking of buying. We handle Buggy and Carriage Tires. Repairing a specialty. Relay Mfg Co., 231 South Tryon Street.

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superintendent. The state superintendent has prepared a list of plans worked out on a hygienic basis, and from this list most of the buildings in the future will be built. The state superintendent of North Carolina has similar control over the building of school houses in that state. "But," the professor continued, "we need in every state at once legislation similar in effect to that enacted in Massachusetts in 1905, providing for the appointment of school physicians, who shall examine and diagnose every child in school, every teacher and janitor and report on those who are suffering from any disease. This report shall be sent to the parents or guardian of the child, and if the child is suffering from an infectious or contagious disease the board of health must be promptly notified. The school committee of every city and town is required to cause every child to be carefully examined at least once in every school year to ascertain whether it is suffering from defective sight or hearing or from any other disability or defect tending to prevent its receiving the full benefit of the school work or requiring a modification to secure the best educational results. In this way the work of the teachers will not be wasted on defective children." Seaboard Special Rates to Savannah, Ga., Account Automobile Races. The SEABOARD will sell excursion tickets Charlotte to Savannah, Ga., and return for \$10.65 amount above occasion on March 17th and 18th good to return leaving Savannah not later than midnight of March 20th. The Seaboard's train leaving Charlotte 5 P. M., daily put you in Savannah next morning at 5:30 A. M. Through sleeper from Hamlet. Returning train leaves Savannah 1:20 P. M. and 12:15 A. M. and in the mill, the cost is practically reduced to the investment charges, the cost of oil and repairs forming a very small fraction of the operating cost. I have figured from a number of water-

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