



### THE PROBLEM OF FLESH.

Doctor Explains Why Some Are Fat and Some Are Thin.

Why does one person grow fat and another thin on the same amount of food? This is a question often asked, and it was partly answered yesterday afternoon by Dr. Henry C. Sherman.

"Take two men of average weight, one tall and thin and the other short and stout, and feed them the average man's ration," said Dr. Sherman, "and the thin man will get thinner and the fat man fatter. The reason is that the food requirement is determined not by the weight, but by the amount of active tissue a man possesses. Now, the larger the weight of fat the smaller the amount of active tissue. The thin man, weighing the same as the stout man, has a large amount of active tissue, and needs a larger amount of food, even to keep him as fat as he is. The food requirement also depends more on the amount of surface than on the weight, and the fat man has relatively less surface than the thin one. The fatter he gets the more nearly he approaches the dimensions of a sphere, and the sphere has the smallest surface known to geometry."

Another reason why large eaters continue to keep thin, according to Dr. Sherman, is that they are subject to digestive disturbances which take away the appetite temporarily, and this abstinence counterbalances excess at other times.

"The majority of people," said the lecturer, "eat more than they require, and offset the excess by enforced abstinence during periods of digestive disturbance."

A reasonable degree of regularity as to meal times is more important, Dr. Sherman thinks, than the selection of food.

"When the stomach has been educated," he said, "to deal with food at a particular time, it can do it better at that time than at any other."

To Put Anarchists Out of the Country—One Killed in Chicago.

The national government is taking steps to identify anarchists, and if when found one proves to be a foreigner, he will be sent back whence he came. On the heels of this order, the chief of police of Chicago was attacked in his own house, but succeeded in killing the anarchist. Chief of Police Shippy, his son and his driver were all wounded. The desperate struggle, in which Mrs. Shippy and her daughter, Georgiotta, joined, was terminated when the chief drew his own revolver and killed his assailant. Attempts to identify the dead man have thus far resulted in failure.

The attack is believed to have been the result of a conspiracy to harm officials who have been active in suppressing manifestations of anarchy in this community. Other city officials are said to have been threatened and a police spy who recognized the corpse of the man who invaded Shippy's home as that of a person who regularly attended anarchists' meetings, asserted that the man was chosen by lot to do away with not the chief of police but Mayor E. B. Busse as well. The ramifications of the plot are said to extend to other cities and to be closely connected with the killing of Rev. Leo Henrichs, a Roman Catholic priest, who was shot down at the altar of his church in Denver.

Harry Shippy was shot through the breast twice and was probably fatally wounded. His father was stabbed in the arm, while Foley received a bullet in the wrist. Mrs. Shippy was kicked by the desperado, but her hurts are slight.

Following the attack, squads of police were sent into the Italian and Ghetto quarters of the city. Places known as headquarters of secret societies suspected of anarchistic tendencies were raided and a score or more arrests were made. Charges Against Judge Adams Denied.

It has been charged in Congress that two of the three judges forming a court for the Choctaw-Chickasaw Indians some years ago, were bribed. Judge Spencer B. Adams of Greensboro, now State chairman of the Republican party, was chief justice of this court, and his name has been connected with the alleged bribery. The matter had to do with the payment of some lawyers for the Indians in settling land claims. They got \$750,000 in fees, and it is charged that two of the judges got some of this amount. Judge Adams denies the charge, and his friends are indignant. They claim that political enemies want to injure the ex-judge. He had requested a full investigation of the whole matter.

This is what Hon. Jake Moore, State Warden of Georgia, says of Kodol Fryepan: "E. C. DeWitt & Co., Chicago, Ill.—Dear Sir: I have suffered more than twenty years from indigestion. About eighteen months ago I had grown so much worse that I could not digest a crust of corn bread and could not retain anything on my stomach. I lost 25 pounds; in fact I made up my mind that I could not live but a short time when a friend of mine recommended Kodol. I consented to try it to please him and I was better in one day. I now weigh more than I ever did in my life and am in better health than for many years. Kodol did it. I keep a bottle constantly, and write this hoping that humanity may be benefited. Yours very truly, Jake C. Moore, Atlanta, Aug. 10, 1904." Sold by English Drug Co.

### Local Items of Interest

Mr. J. T. Cox has bought Mr. E. H. Bivens' residence in the eastern part of town. Mr. Bivens will build a new home next to Mr. J. E. Henderson's residence.

Mr. J. B. Yarborough, formerly of the Newcutt section of Lancaster county, has moved to Claxton, Ga., where he will make his future home and engage in farming.

Mr. R. A. G. Davis left Waxhaw for Tuma, Miss., where he expects to make his home. Mr. Davis has a great many friends in his community who regret to see him go away.

Little Irma Glenn, the twenty-months-old daughter of Mr. and Mrs. L. E. Reeves of Waxhaw, died Monday of last week. Death was due to a complication of pneumonia and croup. On Tuesday the remains were taken to Johnson county for interment and the burial took place at the old family burying ground.

The last Union county soldier killed in the Civil war was Mr. Samuel B. Hart, a member of Company I, 48th North Carolina troops. Mr. Hart was killed at Farmville, Va., April 5, 1865. He was a brother of the late Mr. Thomas Hart of Monroe and was an uncle of our townsman, Mr. S. B. Hart.

A bulletin just issued by the North Carolina Department of Agriculture shows that of 50,000 miles of public roads in North Carolina, only 1,259 are improved, of which 399 are macadamized (Mecklenburg showing 141), 122 gravelled and 438 of sand and clay mixture. This shows 2 1/2 per cent of roads improved, which is one mile to every 1,500 persons.

The Webster Literary Society of Waxhaw Institute will give a public debate Friday night, February 13th. Query, "Resolved, that the Indian has received worse treatment at the hands of the white men than has the negro." Affirmative: James Burgess, Lawrence King, Leroy Gregory; negative: Gilmore Lynn Nisbet, Eugene Secret, Furman Lock. Everybody is cordially invited.

While they were driving up the depot hill at Wadesboro one day last week, the horse which Mrs. H. H. McLendon and Miss Robertson of Charlotte were driving backed off a steep embankment into a ditch. Both of the ladies were thrown out and the horse and buggy rolled into the ditch with them. Singularly, they were not much hurt, but badly shocked.

The people of the various school districts in the county are requested to meet at their respective school houses in each district on Friday, the 13th day of March, at 3 p. m., for the purpose of electing a district executive committee and for the further purpose of electing a member of the county executive committee. The county committee will meet at the court house in Monroe at 1 o'clock p. m., Monday, the 16th. By order of the chairman.

Mrs. Adeline Threatt, widow of the late Joseph Threatt, a most highly respected lady of Chesterfield county, died on February 27th, having been stricken on the day before with paralysis. She was 72 years old, a consistent member of the Baptist church, and a good woman. Her first husband was a Funderburk, and she is survived by three sons and two daughters, Messrs. J. B. Funderburk, Columbus and Butler Threatt, Mrs. Phillips and Mrs. Presson, all of whom reside in Chesterfield county except Mrs. Phillips, whose home is at Matthews, N. C. The burial was at the old family graveyard near Dudley.

Mrs. Martha Ann Conder, wife of Mr. M. E. Conder of Vance township, died last Tuesday. Mrs. Conder was about 50 years old. She leaves a husband and four children, Messrs. John and Henry Conder, who live out West, and Mrs. John Gurley and Mrs. Richard Honeycutt, both of Monroe. Mrs. Conder was a daughter of the late Mr. Thomas Hemby and sister of Mr. D. J. Hemby and of the late Mr. W. S. Hemby, who died a few weeks ago in Memphis, Tenn. Mrs. Conder was a good woman, a consistent member of the Methodist church, and she will be greatly missed in the community in which she lived.

The Messenger and Intelligencer says that the meanest man in North Carolina is at large somewhere in

Ansonville township, and it will be a great pity if he is not captured and dealt with in a manner fitting the crime of which he is guilty. One night last week the man alluded to above went to the stable of Mr. M. T. Ballard, Sr., who lives near Ansonville, and bridled one of his horses and then led the animal a distance of about 200 yards to the woods, where he proceeded to use his knife upon it. The animal was cut severely back of the left fore-shoulder and slightly in one or two other places on its body. It is thought that it was the intention of the miscreant to kill the horse, but that it broke loose from him before he accomplished his purpose.

Of Mr. John Crowell, a notice of whose death appeared last week, the Weddington correspondent of the Waxhaw Enterprise says: "Mr. John Crowell of Weddington was born September the 12th, 1864, and died at his home in this county, of pneumonia, February 24th, 1908. He leaves a wife and three sons. He is also survived by three brothers. These are Mr. James Crowell of Monroe and Messrs. Samuel and Lester Crowell of Indian Trail. Mr. Crowell was a man of splendid business attainments, of a high order of intelligence and of unspotted reputation. His deeds of beneficence were quietly done but reached all whom he knew to be in need. All his acquaintances were his friends. He was an open, honorable, clean, candid, gentle, many man. His remains were buried at Weddington church in the presence of a vast concourse of people who gathered to attest the universal esteem in which he was held."

Mention was made last week of the death of Mrs. L. R. Stanley, which occurred at her home in Lanes Creek township on February 28th. She was a daughter of Mr. C. R. Smith of Lanes Creek township. She was about 51 years old. Mrs. Stanley was twice married. Her first marriage was to Mr. John Rorie, who died about twenty-three years ago. Her second marriage was to the late Mr. Jas. Stanley. Mrs. Stanley leaves seven children. They are Messrs. Rupert, Raymond and Clayton Rorie and Eustace and Carl Stanley and Mrs. Raymond Redfearn of Monroe and Miss Nealie Rorie. Messrs. G. C. Frank, Preston and Luther Smith are brothers and Meadams Emma Leonard, Ann Whitley, T. R. Threault, Charles Harrell and Newton Lee are sisters of the deceased. Mrs. Stanley was one of the best of women. She was an excellent nurse, and throughout her community she was called upon when there was sickness in any family. Funeral services were conducted at Philadelphia Baptist church, where Mrs. Stanley had long held her membership. Rev. J. G. Guldedge conducted the services.

A Millionaire Who Has Ideas of Honesty and Justice a Curiosity.

It is almost pitiful to witness the expedients resorted to by generous millionaires to discover some new and worthy object for their bounty. The beaten track of beneficiaries—colleges, hospitals, orphanages, nurseries and the like, is worn smooth. Perhaps, if all givers of surplus wealth held the same views as a rich Chicago manufacturer, we would soon hear less of "benefactions" and more of justice and equity. This manufacturer goes so far as to say that personal fortunes should not exceed \$5,000,000 as their maximum limit. Even more radical is his assertion that most surplus wealth has been wrung from the poor, and that "it is equivalent to a second robbery for society to accept the aims of the rich for any purpose other than that of directly improving the condition of the poor or reclaiming the criminal."

The Lucky Quarter

Is the one you pay out for a box of Dr. King's New Life Pills. They bring you the health that's more precious than jewels. Try them for headache, biliousness, constipation and malaria. If they disappoint you the price will be cheerfully refunded at English Drug Co.'s.

Atlanta is fully equipped to do an enormous mail order business with outsiders desiring small packages of spring wearing.

Get DeWitt's Carbolized Witch Hazel Salve—it is healing, soothing and cooling. It is good for piles. Sold by English Drug Company.

### We Shall Not Pass This Way Again—What Of It?

Harper's Weekly.

WHAT is worth while, then? Is it worth while to spend a life in multiplying comforts and luxuries? After all, to have the best of food and the best of drink and the finest shelter is to put oneself on the level of a well stalled ox or horse. To accumulate money and property, to heap them up and guard them and keep them, is to degrade the intelligence to the level of the bee or the ant. All these things are good; some of them are necessary. Food and drink and proper shelter, work and gain and increase of facilities, are the by-products of living; they are necessary; but who mistakes them for the life itself must pay for his error as if it were a sin.

And the life itself? Let us quote from a book we may all be reading in a month or a year from now: "Of a sudden it came to him that life itself was beautiful. Not effort only, not work nor play, success, achievement, wealth or fame or honor, but life itself. To live was good. The hours, the golden hours, were not just empty spaces between two clockbeats, to fill with acts. They were themselves a glory. To sit and let the crystal flood of time pass over him was purest pleasure. Not his life only, but all life was good. To feel the great and glorious stream of the world's life pass on, to be one with Nature and hear her sing. For she goes forward to music. It is not always a battle chant she moves to. In her song there are all things. The shout of triumph and the cry of those who fall are there; but there are also other notes—the ripple of the river on its stones, the murmur of the trees, the rhythm of the sap that rises in them, the thunder in the hills. It is the song of infinite harmonies."

This is what comes upon us, with a mingling that is almost a terror, when we pause to think that we stand here in the midst of mortal life and that we shall not pass this way again. Life is infinitely beautiful, and we, if we fail to find it so, must search for the defect, not around us nor outside of us, but in ourselves. And if in our chase for gross things and material things we have outrun the power to live, to perceive, to enjoy, we must pay the penalty, for Nature is inexorable; we pay for our mistakes to the last jot just as we pay for our sins.

But after all, the outlook is not so black. Mistakes are just the steps of the stairs up which we are climbing. Every time we recognize one for what it is, and call it a step instead of a goal, we move on up. And this generation is just in the act of lifting one foot off the step of materialism to a step that shall be better worth while. We shall stand next on a plane where we shall realize, as the child who has been burned realizes what fire is, that life is not all in the body, but that life is happiness. And happiness is not bread and meat, nor yet is it sport, nor gayety, nor excitement, nor rivalry, nor prominence. Happiness is growth and enlargement. He is happy who sees more, who understands more, who effects more this year than last. He is happy who finds his perceptions sharpening, his powers increasing, his sympathies widening, his helplessness broadening. He is happiest who includes most life in himself and radiates most life around him.

And how shall he face death who has grown to full stature in this life? If, on this chance journey we call mortal life, he has not only found goodness and security and happiness, but has himself had power to create more goodness and more security and more happiness, shall he believe for an instant that all this can be blotted out of existence by a mere shadow called death? "Dying is hard; but death is easy," wrote a hero, as he bled to death alone at midnight by a flickering camp light. The change, like all strange and new experiences, has its difficulties and pains, and then comes the new adventure, strange and thrilling and surely gladder and greater than the experience we have just exhausted and cast behind us. Death is nothing but just the step above us.

And there is but one more word to this little sermon about what is worth while. Men who are willful and stupid and unworthy of themselves often enough lay all this aside when they begin to think for their children. There is a truth as indubitable as that fire burns, and it is this: As we choose today, so shall our children inherit. What man is willing to leave his child nothing better than mere material gains? What man does not secretly hope that his child will have real happiness? What man would not, if he could, give his child some part of the joy of the artist's perceptions, some of the peace of the sage, some of the strength of the conqueror? Well, and the moral of this is, as Alice's duchess used to say: As we choose today, not only so shall our life be in the future, but so shall the life be which our children inherit. And so the main business of life is to pause long enough to look around us and reflect and choose wisely what is worth while.

DeWitt's Little Early Risers, small, safe, sure little pills. Sold by English Drug Company.

**ROYAL**  
**BAKING**  
**POWDER**  
Absolutely Pure  
The only baking powder  
made with Royal Grape  
Cream of Tartar  
No Alum, No Lime Phosphate

### TO THINK AWAY DISEASE.

Washington Plan Believes We Ought to Live a Century.

"The human body is full of electricity and the brain is the switchboard," declared Mr. Andrew McConnell of Washington in a lecture at the home of Mrs. Randolph Owens, 1810 North Calvert street.

"My assertion," he continued, "is that any man who is not crazy can cure himself of any disease, and there is no reason why a man cannot live to see a hundred years. I find that by generating more electricity in the body more vital force is produced. Old age is simply a decrease of vital forces, but the old can learn to generate more electricity. I have found this to be true of an old man who was suffering from paralysis."

"Only two elements have baffled medicine—the hardening of the arteries and the hardening of the bones. These I am confident can be overcome."

"Mental activity helps to circulate the electricity through the body and increases the circulation."

"Men like John D. Rockefeller should give you every encouragement, shouldn't they?" asked an auditor.

"Yes," he said, "and they do. I have already enlisted several millionaires in my ranks."

"Then would you hold that Mr. Rockefeller and his associates in broken health can work twelve hours, eat a 25-cent meal in two minutes, and then gallop after a moving car?"

"Not quite that strong," he said, smiling. "But they can tax their brains as much as they like as long as they give a corresponding amount of time to the other organs."

"What is this wonderful action which you ascribe to the mental organs?" he was asked.

"Thinking is the process of circulating more electricity through the brain, and if you can give that an extra impetus you are on the right road to longevity."

Mr. McConnell is a young man. He said he was affected with nervous prostration and a weak heart for ten years. He pondered over the subject after he had failed to get relief from physicians, and finally cured himself.

Unequaled as a Cure for Croup.

"Besides being an excellent remedy for colds and throat troubles, Chamberlain's Cough Remedy is unequaled as a cure for croup," says Harry Wilson of Waynesboro, Ind. When given as soon as the croupy cough appears, this remedy will prevent the attack. It is used successfully in many thousands of homes. For sale by Dr. S. J. Welsh.

Best Healer in the World.

Rev. F. Starbird of East Raymond, Me., says: "I have used Bucklen's Arnica Salve for several years, on my old army wound and other obstinate sores, and find it the best healer in the world. I use it, too, with great success in my veterinary business." Price 25c. at English Drug Company's.

A Card.

This is to certify that all druggists are authorized to refund your money if Foley's Honey and Tar fails to cure your cough or cold. It stops the cough, heals the lungs and prevents serious results from a cold. Cures a gripe cough and prevents pneumonia and consumption. Contains no opiates. The genuine is in a yellow package. Refuse substitutes. English Drug Co.

Newspaper reporters seem to have fully recovered from "the last and rite" but the contagious "made good his escape" is still raging.

Good Liniment.

You will hunt a good while before you find a preparation that is equal to Chamberlain's Liniment as a cure for muscular and rheumatic pains, for the cure of sprains and soreness of the muscles. It is equally valuable for lame back and all deep seated muscular pains. 25 and 50 cent sizes for sale by Dr. S. J. Welsh.

Don't waste time piddling about the streets with your country produce. Bring it right on over the railroad to us and we will give you fancy prices for it. Kendall Company, North Monroe.

**Four Crazy Men Escape.**  
Four male patients confined in the ward for the violent insane at the Morgantown hospital, made their escape between 8 and 9 o'clock Monday. The escape was effected by breaking the iron guards of one of the windows in the ward, presumably by main strength, as the patients had no access to implements of any kind.

A posse of men was immediately organized by the superintendent, Dr. McCambell, and sent out in search of the men, but thus far has not succeeded in apprehending them.

The men are regarded as dangerously insane, and for that reason warnings have been sent out by Dr. McCambell through the surrounding country.

The men who escaped are Bynum Green, Watauga county; Wiley Sluder, Buncombe county; Thomas M. Collet, Davie county; and Francis Hanes, Forsyth county.

We are among the people who want plenty of first class country produce every day and we must supply their needs. If you have anything to sell that is raised on the farm, we will pay you more spot cash for it than you can get elsewhere. Come right over to our store just north of the railroad, and see what we can do for you.

Kendall Dry Goods and Grocery Company.

## Just at This Time

We will make it to your advantage to replenish your stock of Winter Footwear. It is well understood that we are the leaders in Monroe in the matter of Shoes. From our big stock we yet have some choice winter goods that we will dispose of at reduced prices. We have already begun to lay in our big stock of Spring Wear and need the room. Hence we will make it to your advantage to buy now. There are yet many weeks when heavy footwear will be necessary, and we can supply your needs in any line of goods. Any piece of heavy goods at cut price. We are enlarging our line of Dry Goods and Notions and respectfully direct the attention of the ladies to the lines.

### McRae Mercantile Co.

Law Building.

### INVINCIBLE FLOUR Baker's Choice Flour

These goods are made from the finest PURE SOFT WINTER WHEAT. It is a perfect combination of flavor, color, lightness and purity. Every package is guaranteed to give satisfaction, and the purchase price will be refunded if it proves otherwise. Be sure to get the genuine, bearing our name.

### Our Flour Not Bleached.

Our flour may not be as white as some other brands; Why? Because we do not use the bleaching process; therefore we have no poisonous gasses, no foreign odors, but a pure, clean, fresh and sweet-flavored flour.

**CLEANLINESS MEANS HEALTH.**

### Henderson Roller Mills Company

Monroe, N. C.

### Rapid changes of temperature are hard on the toughest constitution.

The conductor passing from the heated inside of a trolley car to the icy temperature of the platform—the canvasser spending an hour or so in a heated building and then walking against a biting wind—know the difficulty of avoiding cold.

### Scott's Emulsion strengthens the body so that it can better withstand the danger of cold from changes of temperature.

It will help you to avoid taking cold.

ALL DRUGGISTS 50c. AND \$1.00.

### Plant Wood's Garden Seeds

FOR SUPERIOR VEGETABLES & FLOWERS.

Our business, both in Garden and Farm Seeds, is one of the largest in this country, a result due to the fact that

**Quality is always our first consideration.**

We are headquarters for Grass and Clover Seeds, Seed Oats, Seed Potatoes, Cow Peas, Seed Beans and other Farm Seeds.

Wood's Descriptive Catalogue is the best and most practical of seed catalogues. An up-to-date and re-compiled authority on all Garden and Farm crops. Catalogue mailed free on request. Write for it.

### T. W. WOOD & SONS, SEEDSMEN, - Newark, Va.