

**LET THE YAWN COME.**

**A Good One Is a Splendid Thing For the Whole Body.**

A good, wide, open mouthed yawn is a splendid thing for the whole body. A yawn is nature's demand for rest. Some people think they only yawn because they are sleepy. But this is not so. You yawn because you are tired. You may be sleepy also, but that is not the real cause of your yawning. You are sleepy because you are tired, and you yawn because you are tired.

Whenever you feel like yawning just yawn. Don't try to suppress it because you think it is impolite to yawn. Put your hand over your mouth if you want to, but let the yawn come. Add if you are where you can stretch at the same time that you yawn just stretch and yawn. This is nature's way of stretching and relaxing the muscles.

Don't be afraid to open your mouth wide and yawn and stretch whenever you feel like it. Indeed, if you are very tired, but do not feel like yawning, there is nothing that will rest you so quickly as to sit on a straight back chair and, lifting your feet from the floor, push them out in front of you as far as possible, stretch the arms, put the head back, open the mouth wide and make yourself yawn.

Those tense nerves will relax, the contracted muscles will stretch and the whole body will be rested. Do this two or three times when you are tired, and see what it will do for you.

**Origin of the Bowery.**

Even many native New Yorkers do not know how the Bowery came by its name, according to the Pittsburg Dispatch, which thus proceeds to their enlightenment: No less a person than the famous old one legged Governor Peter Stuyvesant was responsible for it.

When the city of New Amsterdam sprang into existence many farmers from Holland came over to seek their fortune in the new world, among them old Peter. They settled outside the town and proceeded to develop the land by clearing away the woods and planting it with grain, fruit trees and ornamental shrubs they had brought with them. Peter Stuyvesant called his residence and grounds the Bouwerie, and the lane connecting it with New Amsterdam became known as Bouwerie lane, the settlement itself taking the name of Bouwerie village.

Stuyvesant's farm extended from the junction of what is now Third and Fourth avenues to Seventeenth street and eastward to Second avenue, where at the corner of Tenth street his home was located.

**Laugh and Grow Fat.**

"Laugh and grow fat" is an old saying, and there is more than a little truth in it, asserts a doctor. "The convulsive movements which we call laughter exert a very real effect upon the bodily framework. They cause the arteries to dilate, so that they carry more blood to the tissues of the body and the heart to beat more rapidly, so that the flow of the blood through the vessels is hastened. In other words, laughter promotes the very best conditions for an increase of the vital processes; the tissues take up more nutritive material and the waste products are more promptly removed. A good laugh sends an increased flow of blood to the brain; this immediately causes that instrument of thought to work better, with the result that gloomy forebodings are sent packing."

**Words and Ideas.**

Definite words are necessary for the expression of definite ideas; hence scientific terms have to be employed. A term has one definite meaning which does not change with time. The rush of affairs drifts words from their original meanings, as ships drag their anchors in a gale, but terms sheltered from common use hold to their moorings forever. The word "let," for example, has drifted in 200 years from meaning "blunder" until now it means "permit," but the term "bladder" has remained unaltered in significance for centuries.—Engineering Record.

**Children and Play.**

Play distinguishes the higher from the lower animals, and it signifies possibility of education. Fishes do not play at all, the lower mammals can hardly be taught to play, and birds are entirely devoid of the instinct. But the kitten and the lamb are essentially playing animals. The human young, however, are the true players, and in reality it is play that develops them into manhood. "Children," says Dr. Higginson, "are born little amorphous bundles of possibilities and are played into shape."

**A Doubtful Prospect.**

"Dat was mighty poor comfort dey give Mr. Thomas on his sick bed," said Brother Dickey.

"What dey tell him?"

"Preacher tol' him dey was a bright prospect ahead of him."

"En what he say ter dat?"

"Yeh 'em dat what was a worryin' of him—it was so bright it was blind!"—Atlanta Constitution.

**Essay.**

In the temporary absence of the beauty editor this question was handed by mistake to the sporting editor:

"How shall one get rid of superfluous hairs on the upper lip?"

"That's easy," he wrote in reply. "Push the young man away."—Chicago Tribune.

**What Was It?**

Mr. McClellan—This statue you speak of was an Egyptian one, was it?

Mrs. McClellan—No, it was just a man on horseback.—Detroit Free Press.

**Wife to the Doctor.**

"They tell me, doctor, that you have invented all the modern remedies, haven't you?"

"Yes, indeed."

"Well, I have a little one to try with you, doctor. It's called 'Common Sense.'"

**CANADIAN INDIANS.**

**An Old Trader Gives Evidence on Their Unvarying Honesty.**

Says a man who has had some twenty years of experience in trading with Canadian Indians. "In all my woods life I have never known but one Indian liar." A cache, or provision station, is left unattended with perfect safety, for on the entirety of its stock may depend the life of many a man.

He who leaves provisions must find them on his return, for he may reach them starving, and the length of his out journey may depend on his certainty of relief at this point on his journey. So men passing touch not his board, for some day they may be in the same case.

"One comes unexpectedly upon a birch hanging from a tree limb," says the old trader, "or a whole bunch of snowshoes depending beneath the fans of a spruce or a tangle of steel traps thrust into the crevice of a tree root or a supply of pork and flour swathed like an Egyptian mummy lying in state on a high pier. These things we have passed as reverently as symbols of a people's trust in its kind."

"The same sort of honesty holds in regard to smaller things. I have never hesitated to leave in my camp firearms, fishing rods, utensils valuable from a woods point of view, even a watch or money. Not only have I never lost anything in that manner, but once an Indian had followed me some miles after the morning's start to restore to me half a dozen trout flies I had accidentally left behind."

**Origin of a Holiday.**

The second week in August, if not one of great historical importance in old Amsterdam, is certainly one of martyrdom for the nervous and sensitive. An ancient custom prevails according to which the juveniles of the town are allowed to beat their drums for several hours during a whole week while parading the exchange. The story goes that about 200 years ago a plot was formed to blow up the exchange, but a small boy, happening to let his ball roll under the vaulted foundation of the building, discovered the barrels of powder which were to do the wrecking. So it was decided to reward the lad, and, on his being asked what he would like, the urchin said that he wished to be allowed to play at soldiers with his companions round the building, all being armed with drums, and to make as much noise as they liked during several hours of the day for one week every year. This custom is kept up, and, as all manner of instruments are called upon to represent a drum, tin kettles and saucepan lids not excepted, the din is something to be remembered.

**Redundant.**

Joseph was an excellent cook, but he was not what might be called an accomplished literary man. At the same time he conceived the idea that a cookery book from his pen would fill a long felt want. He set to work; but, feeling that perhaps he had made some mistakes in composition, he submitted the work to a prominent literary critic, who promised to go through the work and correct it where necessary.

After a day or two he brought it back. "Yes," he said; "it's all right so far as I can see, but I rather fancy you've been a little superfluous in your recipe for lemon pudding."

"Have I? How's that?"

"Well, you see, you say here, 'Then sit on a hot stove and stir constantly.' Now, I really do not see how any one is going to sit on a hot stove without stirring constantly, so I think you can do without that sentence, don't you know?"

**Hugo and His Disciple.**

A young man, an admirer of the great poet, attended one of Victor Hugo's recitations, became engaged in argument and lost his temper. Hugo solemnly rebuked him, and he subsided. Presently the guests retired. One of them, however, had forgotten his umbrella and returned to get it. Looking through an open door from the vestibule, he perceived the young man on his knees before the poet, sobbing out his apologies for his disrespect, while Victor Hugo, with almost regal dignity, extended his hand to him and bade him rise.

**Sold Virtue.**

Youth has its own criteria by which to judge things which its elders assess by other standards. Henry had just come into his mother's kitchen, where she was rolling pie crust.

"Making pies, mother?"

"Yes, dear."

"Say, mother, your pies taste all right, but why don't you make some like Mrs. Thompson gives me and Billy? You can take a piece in your hand and walk all round the yard eating it, and it won't break."

**Bridal Customs in Spain.**

In Spain a bride has no girl attendants to stand at the altar with her, but instead a "madrina," or godmother; neither does she have a wedding cake or any festive going away after the ceremony. The wedding pair depart quietly to their new home, where they remain until the following day, when they start on their honeymoon. Before departing they pay a formal visit to their respective relatives.

**His Trouble.**

"Have any hurting in your ears?" asked the doctor, who was trying to diagnose the case.

"No," replied Mr. Beespeck, "but except when I have to stay in the house."

—Chicago Record-Herald.

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Local freight	Passenger	Local freight	Passenger
7:30 a. m.	8:00 a. m.	7:30 p. m.	8:00 p. m.
8:30 a. m.	9:00 a. m.	8:30 p. m.	9:00 p. m.
9:30 a. m.	10:00 a. m.	9:30 p. m.	10:00 p. m.
10:30 a. m.	11:00 a. m.	10:30 p. m.	11:00 p. m.
11:30 a. m.	12:00 p. m.	11:30 p. m.	12:00 p. m.
12:30 p. m.	1:00 p. m.	12:30 p. m.	1:00 p. m.
1:30 p. m.	2:00 p. m.	1:30 p. m.	2:00 p. m.
2:30 p. m.	3:00 p. m.	2:30 p. m.	3:00 p. m.
3:30 p. m.	4:00 p. m.	3:30 p. m.	4:00 p. m.
4:30 p. m.	5:00 p. m.	4:30 p. m.	5:00 p. m.
5:30 p. m.	6:00 p. m.	5:30 p. m.	6:00 p. m.
6:30 p. m.	7:00 p. m.	6:30 p. m.	7:00 p. m.
7:30 p. m.	8:00 p. m.	7:30 p. m.	8:00 p. m.
8:30 p. m.	9:00 p. m.	8:30 p. m.	9:00 p. m.
9:30 p. m.	10:00 p. m.	9:30 p. m.	10:00 p. m.
10:30 p. m.	11:00 p. m.	10:30 p. m.	11:00 p. m.
11:30 p. m.	12:00 p. m.	11:30 p. m.	12:00 p. m.

Leave Kinston 7:30 a. m. Arrive Richmond, Va. 7:45 a. m. Norfolk, Va. 11 a. m. Tarboro, 2:30 p. m. Rocky Mount, 4:25 p. m. Plymouth, 11:15 a. m. Washington, N. C. 10:30 a. m.

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