

# HOW THE MIND RULES THE BODY.

(CONTINUED FROM FIRST PAGE.)

said that Dr. Rush's presence was a great stimulant. "Men recovered to whom he gave no medicine, as if his word was enough to turn the fever."

Of all base passions it has been said that fear is the most accursed. Once worshipped by the ancients as a god; it is now regarded as being among the greatest enemies of the human race. Fear destroys the red corpuscles of the blood, produces palor; invites disease. Many precious lives are lost annually by the fear of hereditary taint that might otherwise be vigorous. Sudden shocks producing extreme fear often end in paroxysms and premature death. One night of mental agony may entail life long suffering. Sick thoughts produce sick organisms. We must fight unseen terrors without courting their sympathy. In heart troubles especially the action of the heart itself is enfeebled by dwelling upon the thought of it. The man who is constantly dissecting himself will never have perfect health.

Will power has more to do with health than doctor's prescriptions in many cases. The vacillating, unstable mind that accepts every man's advice in sickness seldom gets well. If a physician be called let him prescribe, not every sympathetic friend in the neighborhood, whose intentions may be good but whose knowledge of diseases may be very limited. Be brave to meet disease and you are more likely to conquer it.

An English banker's hair turned white in three days after meeting financial reverses; Mary Antoinette's black hair turned white a few days before her execution; and a Vermont captain captured by the British in 1813, who was court-martialed and condemned to be shot on the following morning and whose hair was jet black, was led to his execution crowned by a hirsute of snowy whiteness.

A false telegram announcing the death of a dear friend will prostrate the recipient as quickly as if it had been literally true, yet the fear had had no foundation except in the mind. "The mind devours everything brought to it,—the true, the false, the good, the bad, and it will produce soundness or rottenness, beauty or deformity, harmony or discord, truth or error, according to the quality of food we give it."

"As a man thinketh in the heart so is he." Beauty does not proceed from the contemplation of ugliness, sympathy from deformity, health from disease nor virtue from the contemplation of vice. Raphael would never have painted the face of Christ with Judas as a model, nor could Phidias have seen an angel in the marble with the likeness of a fiend in his mind.

The only way to do the right thing is to have the right thing uppermost in the mind. Be master of your thoughts and you will master your self. Healthy thoughts produce healthy lives. Children early learn the full meaning of hatred, envy, malice, cruelty, jealousy and others; and this is the only time in their lives when their passions can be properly corrected. Parents and teachers should watch carefully any abnormal weakness and adjust the proper remedies. The true physicians of the future will medicate upon the mind with right principles, not with drugs. Love must conquer the world. As mistress of the Universe she cultivates cheerfulness, good-will and noble deeds, and the wand of her sceptre shall illumine the world. We believe there is a divine remedy within us for many of the ills we suffer. If we could only know how to apply this power of the mind and the will we would leave to the physicians but little of what they are now doing, and have our lives almost indefinitely prolonged.

"There is a nobleness of mind That heals wounds beyond salves." ANONYMOUS.

## Call For Congressional Convention.

A convention of the Democratic party of the Tenth Congressional District is hereby called to assemble in Hendersonville, N. C., at 1:00 p. m., on Tuesday, June 21, 1904, for the purpose of nominating a candidate to represent said district in the 59th Congress, to elect an executive committee and perform such other business as may be properly brought before the convention. The various counties will please take notice and elect delegates to the district convention. The counties of the district will be entitled to cast the following vote in the convention, based upon the Democratic vote cast by each in the last gubernatorial election:

Buncombe	87
Cherokee	16
Clay	8
Graham	8
Haywood	35
Henderson	32
Jackson	21
Macon	21
McDowell	23
Polk	11
Rutherford	48
Swain	11
Transylvania	12

It is earnestly desired that each county shall be fully represented by duly accredited delegates. By order of the Tenth District Executive Committee, at Asheville, N. C., April 28th, 1904.

R. M. WELLS, Chairman  
M. L. SHIPMAN, Secretary.

## Ladies and Children

Who can not stand the shocking strain of laxative syrups and cathartic pills are especially fond of Little Early Risers. All persons who find it necessary to take a liver medicine should try these pills, and compare the agreeably pleasant and strengthening effect with the nauseating and weakening conditions following the use of other remedies. Little Early Risers cure biliousness, constipation, sick headache, jaundice, malaria and liver troubles. Sold by Dr. T. B. Twitty and Crowell & Wilkie Forest City.

# GREATLY ALARMED.

By a Persistent Cough, but Permanently Cured by Chamberlain's Cough Remedy.

Mr. H. P. Burlage, a student at law, in Greenville, S. C., had been troubled for four or five years with a continuous cough which he says, "greatly alarmed me, causing me to fear I was in the first stages of consumption." Mr. Burlage, having seen Chamberlain's Cough Remedy advertised, concluded to try it. Now read what he says of it: "I soon felt a remarkable change and after using two bottles of the twenty-five cent size, was permanently cured." Sold by Dr. T. B. Twitty, druggist.

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Celebrated Deering Mowers and Binders, Disc Harrows and Cultivators, Wagons and Buggies, and a general line of Farm Machinery and Repairs. I will save you money on anything in my line. Come to see me before you buy. Cash or time to suit my customers. Am here every Monday. Yours to please,

**Jos. M. Walker.**

D. F. Morrow. D. W. Smith.

## Morrow & Smith,

Attorneys & Counsellors at Law,

Rutherfordton, N. C.

Practise in State and Federal courts. Careful attention given to all business entrusted to them. Call when in the city whether you have legal business or not. Office in rear of Bank of Rutherfordton. Phone number 40.

Geo. C. Justice. W. C. McRorie.

## Justice & McRorie,

Attorneys & Counsellors at Law,

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Practise in all State and Federal courts. Rooms 8 and 9 in Mills-Dickerson building, over Mills store. Office phone 38.

## Carroll W. Downey,

Physician and Surgeon,

Rutherfordton, N. C.

All calls, both by day and by night, will receive prompt attention. Office rooms 22 and 23 over Carpenter & Taylor's store. Office phone number 122. Residence 22.

## R. S. Eaves,

Attorney and Counsellor at Law,

Rutherfordton, N. C.

Careful attention to details of all business entrusted to him. Practise in all State and Federal courts. Rooms 1 and 2 Mills-Dickerson building, up stairs. Phone number 5.

## Dr. Geo. P. Reid,

Physician and Surgeon,

Forest City, N. C.

Offers his professional services to the citizens of the town and surrounding country. He has had ten years experience in the practice of medicine.

## W. A. Thompson,

Physician and Surgeon,

Rutherfordton, N. C.

Office in drug store in Thompson-Dickerson building. Office phone No. 81, residence phone 71.

## Wm. F. Rucker,

Attorney and Counsellor at Law,

Rutherfordton, N. C.

Office over C. C. Reid's store. Phone number 112. All business entrusted to him will be promptly looked after.

## Matt McBrayer. B. A. Justice.

## McBrayer & Justice

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## J. L. Geer, Dentist,

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## E. B. Harris, M. D.,

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Over Carpenter's store, Rutherfordton, N. C. Polite and courteous treatment. Everything clean and tidy. Charges moderate.

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A Young Man in the Country

Started out in life,  
To make for himself a fortune,  
Was looking for a wife.

Enterprises he started many,  
Successes they were few,  
Once became discouraged—  
Did not know what to do.

Meeting a friend one day,  
To him his trouble told:  
He complained of his hard luck  
And said the world was cold.

Oh, no, said his friend to him  
You are wrong about that,  
It's a Suit that helps make the man  
Not the shoe or hat.

I was in the same fix one time  
But a Lucky Suit I bought.  
Milton Cloth was the name  
And to me luck it brought.

So the young man went to the store  
A suit of Milton Cloth to buy  
He dressed himself up in it  
Again his luck to try.

Fortune smiled upon him  
Luck it came his way  
The girls they were anxious for him  
So we heard them say.

Clothes don't make the character  
But helps make the man  
So if you want to be lucky  
And Stylish you can

BY BUYING MILTON CLOTH CLOTHING,  
\$5.00 A SUIT AT

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Have You Ever Tried the Wonderful "Safe" Washing Fluid  
Cleans Clothes, Floors, Windows, Tinware, Stoves, Vessels, Glassware, Lamp Chimneys, Stone Vessels, Dishes, Etc.  
Greatest Cleaner of the Age.  
That awful day—Wash day—robbed of its terrors. For scouring it is a world beater. Saves wood, saves times, saves labor, saves money. Needed everywhere, every day, by every family.  
Family Rights Only \$1.00 Each.  
Sure death to bed bugs and lice on stock. Some recommend it highly for hog cholera. Five hundred to 10,000 Family Rights can be sold in a county. Agents wanted—Territory for sale. Send \$1.00 for family right and full particulars to  
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HEAVY AND FANCY GROCERIES.

MILLS-THOMPSON BLOCK.

Sell everything to eat; and everything to feed stock. Buy all classes of Country Produce, Fruits and Vegetables for Cash, and are exclusive agents, and carry in stock, the J. L. Nissen Wagons and the Champion Mowing and Harvesting machinery. Our prices are as low as the lowest on the class of goods we handle. The best is the cheapest, especially in the way of duties. Give us a trial order. Goods delivered free in any part of the city.

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Newspaper and Magazine agency, full supply of text-books for the public schools at contract prices, Testaments and Bibles in various styles of binding, school and office papers, a full line of deeds and other legal blanks, blank books, religious and secular books, works of fiction, fountain pens, inks, pencils, writing tablets, current literature, works of art, etc.

THE ONLY BOOK STORE IN TOWN.

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For five years the undersigned has been feeding the hungry in the basement of the Clark brick building on Main street. She will be found at the old stand in 1904 ready to serve hot meals at all hours—from 7 in the morning, to 8 in the afternoon. Call for what you want, and pay only for what you get. Terms, very reasonable. Yours to serve,  
JANE TWITTY.

## FOR SALE!

One top buggy in good running order, newly painted, running geer red, body black.

One young black and white milky cow, first calf; giving about 1 1/2 gallons of milk.

One good stable; feed room and loft and two stalls. Address,  
J. M. ALLHANDS,  
HENRIETTA, N. C.

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Will find it to their interest to see me. Can handle Timber Lands, Mineral Lands, Farm Lands, Town Lots and Building Sites.

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Everything You Want,

and at prices that defy competition. HIGHEST CASH PRICES PAID FOR COUNTRY PRODUCE. Call and let me convince you that I can sell you as good or better goods, as cheap or cheaper, than you can buy them elsewhere. Remember the place—First door South of the Commercial Bank. Respectfully,

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## G. H. Mills & Son.

Since writing our last ad. we have received Four Shipments of

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We are trying to keep our stock complete in every particular. It is a pleasure to show you what we have, and taking quality in consideration we don't believe our prices can be duplicated.

Nice Lawn, 5c per yard. Good Bleaching, 5c per yard.

Come and see us as often as you can.

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# SEABOARD AIR LINE VESTIBULED LIMITED TRAINS DOUBLE DAILY SERVICE

BETWEEN NEW YORK, TAMPA, ATLANTA, NEW ORLEANS & POINTS SOUTH AND WEST.

In Effect April 12th, 1903.

## SOUTHWARD.

	Daily, No. 31.	Daily, No. 37.
Lv. New York, P.R.R.	12 55 pm	12 10 am
Lv. Philadelphia	3 29 pm	7 20 am
Lv. Baltimore	5 45 pm	9 34 am
Lv. Washington	7 00 pm	11 46 am
Lv. Richmond, S.A.L.	10 35 pm	2 15 pm
Lv. Petersburg	11 17 pm	2 57 pm
Lv. Norfolk	1 35 am	5 15 pm
Lv. Henderson	2 22 am	6 03 pm
Lv. Raleigh	4 00 am	7 33 pm
Lv. So. Pines	6 00 am	9 26 pm
Lv. Hamlet	7 25 am	10 40 pm
Lv. Columbia	10 00 am	m
Ar. Savannah	2 20 pm	m
Ar. Jacksonville	6 50 pm	am
Ar. Tampa	6 45 am	6 00 pm

## NORTHWARD.

	Daily, No. 32.	Daily, No. 38.
Lv. Memphis	12 15 pm	9 30 am
Lv. Nashville	9 30 pm	9 30 am
Lv. New Orleans	8 15 pm	8 15 am
Lv. Mobile, L. & N.	12 40 am	1 00 pm
Lv. Montgomery	6 45 am	1 00 pm
Lv. Macon, C. of Ga.	8 00 am	4 20 pm
Lv. Augusta, C. & W.C.	10 10 am	4 20 pm
Lv. Atlanta, S.A.L.	12 00 m.	8 00 pm
Ar. Athens	2 57 pm	11 35 pm
Ar. Greenwood	5 15 pm	2 05 am
Ar. Chester	7 15 pm	4 15 am
Lv. Charlotte	7 25 pm	5 01 am
Lv. Wilmington	3 30 pm	5 01 am
Lv. Hamlet	10 30 pm	7 50 am
Lv. So. Pines	11 18 pm	8 45 am
Lv. Raleigh	1 25 am	11 35 am
Lv. Henderson	2 58 am	12 50 pm
Lv. Norfolk	3 45 am	1 45 pm
Lv. Weldon	5 05 am	3 00 pm
Ar. Portsmouth	8 00 am	5 35 pm
Ar. Washington	6 55 am	6 55 am
Ar. Baltimore	7 30 am	7 30 am
Ar. New York	7 46 pm	7 10 am
Ar. Philadelphia	8 15 pm	8 00 am
Ar. New York	8 45 pm	8 00 am

## Central Time. Eastern Time.

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Cures obstinate sores, chapped hands, eczema, skin diseases. Makes burns and scalds painless. We could not improve the quality if paid double the price. The best salve that experience can produce or that money can buy.

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