HEALTH. Valuable Paper Read by Dr. L. V. any gathering of people-in

Meeting Held in this City. there is an extreme neglect with quarters horses. regard to them which amounts al-

the chewing of every mouthful of can be extracted from it before it big world of humanity is made up. leaves the body. In doing this he aged to sell his observations to sensational trial. of young men.. Does this not prove country. that about half we eat is of no "That is easy," he replied. "As At Long-Winston Company.

meal time, set aisde with plenty of great." moisture, in an atomsphere of 100 Not long ago a young man who with teeth never cleaned. Besides tent, went to see. swallowing with thier food not only a success of his first play. the ordinary filth, but various oth think," he said, "I ought to er disease germs as well. These congratulated on the fact that to result in trouble.

readily and surely throw off the of them has been a failure."

and use of the teeth are putting his profession, and ou will underthe bodies of the most robust under stand the soundness of his reasona beavy handicap, are tending to- ing. wards disease or even death, direct- A little talent coupled with a litchildren are furnishing an added ir either quality, will often bring a ritation to an already overtaxed little success. With success comes nervous system, interferring not on- praise, which is pleasant to hearly with growth development and and compliments which are easy Due from U. S. Treashealth, but also with their school to believe.

mess to allow growing children (often delicate and ill fed) to go
then delicate and ill fed) to go
effort made to educate or protec
them in this regard, while teaching
them to make nick nacks, or to sing
them to enther to either t or to draw, or use a typewriter, or manual training? Our schools are intended to develop the brains of our growing generation, but the just as well give up, for his use first essential in the development of fulness is at an end. any part of the body is nourish-

But thisis not all. Weh ave been Few are born with that love of emphasizing the importance of the work that enables them to go teeth as relates to digestion, then cheerfully at all the tiresome dealmost as important is the relation tails that must be mastered in of uncleanliness or diseased condi- every calling. tions here to contagious diseases.

seases are germ diseases, and no better breeding place for these germs could be found than the human mouth even without diseased teeth. Here they have the moisture teeth. Here they have the moisture doing it exactly as well as you are testion food and warmh necessary. protection food and warmh neces-sary for their growth and develop- To win even a place you have got

of hygeine more important than that Again he says: If I were asked to say whether more physical detoriation was caused by sleohol or by defective teeth, I would say unbes-

Nothing Falls Like a Little Success. That brilliant and self-satisfied quadruped known as the "quarter horse" has long been the despair of the breeders and trainers of thor

The quarter horse, always a nervtive of a lofty purpose to go in and distance all his competitors.

He starts out with a splendid turst of speed. One by one, he overhauls and passes all the other entries. Inexperienced onlookers cheer wildly as he puts feets, then yards, then rods between him and the nearest horses behind him. But men who know horse sigh and shake their heads. They know what is going to happen.

When the quarter horse has what he considers a safe lead, he decides that he has exerted himself sufficiently for a little while. With com emptous sniff, meant for the poor, slow-gaited creatures who are jogging along behind, he slows down to an easy, comfortable pace. It is apparent that through his mind is passing some such thought | |

" What's the use of my wearing out my strength in this competi-None of those fellows coming alon after me amount to anything, or they never would have let me get so far ahead. I'll just take it easy, and if any of them happen by any chance to come up with me, why I'll simply let myself out a little

and lose them." Unhappily for the quarter hors: this is never possible. The horses behind do come up, and he does try te distance them again, but he has consumed all his energy in hi original dash, and, try as he will,

there is no more race left in him. While the owner who has believed in him grinds his teeth in helpless rage he falls further and further behind, and usually finishes

far in the rear that no one takes

RELATION OF TEETH TO THE the trouble to watch him come in-

The value of the teeth in gener- little places in big business conal and their influence for health cerns-about the doors of the emor disease is being appreciated ployment offices-on the bread line, more and more every year, but even in the jails, are many human

The quarter habit is fatal, even most to criminal carelessness. This for those born with unusual talents is not universally so, as many of or advantages. To sit back and the targer cities of the world have enjoy the fruits of the first sucalready inaugurated a system along cess, with a feeling that you must Lincoln Kansas, will receive \$25,000 down in an adjoining room and hus-Fletcher teaches (and practices who have not succeeded, will speed. This amount, it is stated, has been nix, without warning, fired upon the food from seventy to eighty times ily unfit you for any really importevery particle of value in the food ant place, even in the littlest of

greatly increasing the strength of publishers for large sums of omney quired is lesened by half, besides was asked the reason for the failthe body. One of our universities ure of a man who was once regardfound this to be true with a squad ed as one of the great men of the ment of Harness, Robes and Horse

use to us because, by neglecting soon as he became a great man he mouth digestion, we fail to put in spent so much time being great that such shape that it can be utilized. he didn't have any time left to ac-But this interference with nourish complished anything else. Really at a bargain. Upchurch Bros ment of the body because of lack of great men haven't any time to be appreciation of the teeth is not all. gerat. A ll their extra hours are There are few people who would but in doings the things they startwant to have the dishes used at ed out to do beforr they became

per cent, and then eat off of them had never before been heard of bein this condition meal after meal came famous over night as thee au Yet this would be no more than thor of a play that everybody praischewing our food meal after meal ed-and, what is still more impor-

this people with abscessed teeth are He was congratulated on making things with "bolted food" are bound didn't make a success of my first play. If I had I should probably The foundation for all stomach have esteemed myself so highly that troubles is laid in the neglect or I never would have succeeded with misuse of the teeth, and there are another. But I've been writing play few diseases of the human body not for ten years, at the rate of two affected similarly, either directly or three a year. Some of them or indirectly. No matter what part have been produced, and some of of the body is affected it will more them haven't, but every single one

disease if it can get the proper | Compare the work of this man, who is nowk fairly on the road to If, then, ignorance and careless- permanent success as a play-wright ness with regards to the condition with some of the quarter horses in

ly or indirectly, and with the school tle industry, sometimes a little of

work, is it not criminal careless- But stop and listen to either for

It may be that most people have the inclination to be quarter horse.

can here to contagious diseases. But to yield to the inclination State of North Probably a majority of human di is fatal. Remember that there are of Granville, SS:

to thin about what other people Among the failures you meet in have done better than you have William G. Pinnix shot and killed the than to think of what you have Henderson at Recent Teachers crowds hurrying to and from their done better than other people have. weary, poorly paid labor-in the And always it is wiser to think proudly of what you are going to do tomorrow than to dwell fondly on what you have done today.-The Georgian Weekly.

\$25,000 for Being Tarred. necessarily be far superior to those as a solace for her injured feelings. hand and wife were together, Pinbefore swallowing it. In this way oll the little worlds of which this Bend business men who have con- She collapsed in a dying condition

> Just received another large shipblankets See them, save you money.

> FOR SALE—Fifty Felt Mattresses

Report of Condition of at Creedmoor

in the State of North Carolina, at the close of business, Dec., 5th 1911 Resources Loans and Discounts .. \$68,730.75 Overdrafts, secured and unsecured 236.35

6.250.00

U. S. Bonds to secure

91	circulation
	Premiums on U. S.
k.	Bonds
ě	Builds
	Banking house, Furni-
N	ture and Fixtures 2,226.61
	Due from National
9	Banks (not reserve
δĺ	Danks (not reserve
	agents) 31,900.88
	Checks and other
e.	Cash Items 3,397.05
ř.	Cush itchis e. ojoci.co
	Notes of other Nation-
8	al Banks 690.00
	Fractional Paper Cur-
ş	
3	rency, Nickles, and
1	Cents
	Specie 7 243 00
	Legal-tender
	notes 1,810.00 9,153.00
	Redemption fund with
5()	redemption rand with

U. S. Treasurer (5 per cent circulation .. 312.50 .. 20.00

paid 848.53 National Bank Notes outstanding 6,250.00 Individual deposits subject to check 47,448.58 Time certificate of deposit , 42,528.01 Cashier's check outstanding 395.42

Total \$123,470.54 State of North Carolina, County

W. E. LASLEY,

ment and from here they may be readily drawn into the lungs; swallowed with the food, or find their way to the surrounding atmosphere ready to attack some one else.

Prof. Osler, the noted English surgeon, says: "Oral hygeine—the hygeine of the mouth? there is not one single thing in the whole range of hygeine more important than that

B. G. ROGERS CREEDWOOR, N. C.

ous, wiry, fleet-footed animal, enters a race with head up, nostrils quivering, his whole bearing indica-SPECIAL PRICES ON FLOUR I AM OFFERING 1,000 BARRELS FLOUR, Half Patent at 4:25 Per Barrel, Sublime at 5:00

> Eight hundred sacks BEST GRADE OHIO SALT at 47 cents per 100 pound sack. Cotton Seed Meal at 1:35 per Sack. All other goods in proportion--DON'T FAIL to give me a call and BE CONVINCED

My car of Wagons, Buggies, etc and see the nicest line in this section.

B. G. ROGERS

Danville Man Kills Self and Wife. his young wife and then killed himself. Pinnix was a member of a prominent Norh Carolina family The following dispatch tells the

story: They left letters and memoranda showing that 're had planned the tragedy as long ago as Thanksgiving

The husband was in poor health, Company. Miss Mary Chamberlain, the victir and had been drinking recently. This of the "tar-and-feather" party, of afternoon while his son was lying agreed upon in settlement of dam- unsuspecting wife twice in quick age suits which Miss Chamberlain right temple, the othre the cheek. began against the prominent Shac succession, one ball entering the fessed or were convicted after a just as the son rushed in. At that moment the father turned the weapon upon himself and sent a bullet through his right temple, the ball emerging at the left side of head. He died at 8 o'clock without regaining consciousness.

Two hours before the tragedy Pinnix had turned over to his son to be delivered to a friend a packet of letters and papers, impressing their importance upon the boy. Most of these letters were written to"Mrs. Marie New Pinnix" and are couched in terms of endearment. They are signed "A. B." One of the letters written by Pinnix declares the anonymous writer to have been "A FIRST NATIONAL BANK Bridges," formerly an insurance solicitor here, now of Richmond. When clean in verbage, these letters show an intimacy which pelled Pinnix to his homicidal act.



TRY OUR

Fine for Stoves and Grates.

"Now they claim that the human Constipation body contains sulphur." "In what amount?"

"Oh, in varying quantities." "Well that may account for some girls making better matches

New lot of horses and mules to arrive last of week. Horner Bros.

A select assortment of Christmas reasonable prices.

Priests' Advice led to Their Recovery

Thin, weak, or frail people—those who take cold easily" and sufferers of Bronchitis and Asthma, should be prepared with Eckman's Alterative in the house. Remarkable cures of even Tuberculous

Consumptive) persons are often accomplished. Here are two cases:

"Gentlemen: On June 3, 1907, I was operated upon for Tubercular Peritonitis at St. Mary's Hospital, Rochester, N. Y. After the operation my physicians gave me up. I was then urged by a priest to take Eckman's Alterative, which I did. My weight at the time was 72 lbs. I began to improve and steadily gained began to improve and steadily gained

in health and strength. I now weigh 125 lbs., and am absolutely curval."

(Signed Affidavit) EDNA FINZER.

20 Savannah St., Rochester, N. Y.

"Gentlemen: I was troubled with Asthma and Bronchitis for seventeen years.

After trying many remedies Eckman's Alterative was recommended to me by our terative was recommended to me by our parish priest. I am now feeling fine. I cannot praise it enough."
(Signed ANNA MAE McENTEE. Affidavit) Eckman's Alterative is effective in Bronchitis, Asthma, Hay Fever; Throat and Lung Troubles, and in upbuilding the Does not contain poisons, opiates

or habit-forming drugs. Ask for booklet of cured cases and write to Eckman Laboratory, Philadelphia, Pa., for more evidence. For sale by all leading druggists and

J. G. HALL, Oxford, N. C.

Deafness Cannot Be Cured

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constiperfect hearing, and when it is en- Dept. No. 3, Greensboro, N. C. tirely closed, Deafness is the can be taken out and this tube re lee Company on another page and stored- to its nermal condition, hearing will be destroyed forever; nine when you need coal, call on this tarrh, which is nothing but an in- warmed up these winter days. flamed condition of the mucous sur-

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars, free.

F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c. Take Hall's Family Pills for con-

ONE CAR BUGGIES AND SURRIES

ONE CAR GEO. S. NISSEN WAGONS

(30 Wagons in Car)

ONE CAR THORNHILL WAGONS

(55 Wagons in Car)

Three large shipments

New lot of Horsean d

Mules to Arrive last of

Your every want in

· Vehicles and

Horse Line.

LARGE STOCK--QUALITY RIGHT--PRICES RIGHT

Horner Bros. Co.

of Harness.

This Week.

WE CAN FILL:

tion you resort to the home methods of relief, such as hot or cold water on arising, lots of stewed fruit with your breakfast, etc., but what do you do when these fail? The majority then start on salts and

With the first signs of constipa-

purgative waters, then change to cathartic pills, etc. If you have gone through these various stages you know they were presents at LYON'S Drug Store, at all useless, so far as permanent results but try something practical and sensible, a remedy made and intended for the purpose you are trying to accomplish. Such a remedy, as thousands can testify, is Dr. Caldwell's Syrup Pepsin, which is Dr. Caldwell's Syrup Pepsin, which is sparanteed to be permanent in its results. Its ingredients are such that by a brief use of it the stomach and bowel muscles are trained to again do their work normally, so that in the end you can do away with medicines of all kinds. That it will do this Mr. G. Y. Dodson of Sanville. Va., will gladly attest, and so will Mrs. S. A. Hampton of Portage, O.

To those who are still skeptical there To those who are still skeptical there is a way to prove these assertions with-out a penny of expense: Simply send your name and address to Dr. Caldwell, and obtain a free sample bottle. After using it, if you are then convinced it is the renedy you need, buy a fifty cent or one dellar bottle of your druggist and continue to use it for a brief time until cured. The directions are simple and the dose is small. It is pleasant to the taste, does not gripe and is promptly effective, and these statements are guaranteed or

money will be refunded. This remedy is over a quarter of a century old and is personally taken by more druggists than any other similar remedy on the American market. Because of its effectiveness, parity and pleasant taste it is the ideal lavative remedy for children, women and old folks generally Dr. Caldwell personally will be pleased to give you any medical advice you may desire for yourself or family pertaining to the stomach, liver or howels absolutely free of charge. Explain your case in a letter and he will reply to you in datail.
For the free sample simply send your name and address on a postal card or otherwise. For either request the doctor's address is Dr. W. B. Caldwell, R.500 Caldwell building, Monticello, IR.

For sale by J. G. Hall.

Valuable Christmas Present Free-A beautiful enameled brooch, tutional remedies. Deafness is caus- worth 50c., will be mailed free to ed by an inflamed condition of the any reader of this paper who will mucous lining of the Eustachian and package. Guaranteed for years Tube. When this tube is in flamed send a dime to pay for possage you have a rumbling sound or im- Address, Progressive Premium Co.,

result, and unless the inflamation | Read the new ad of the Oxford ases out of ten are caused by Ca concern. They want to keep you



looking for so long. Thirty-Five Real Bergains-We Have

tremely low that jourcan-You have been thinking of buying a plane for some time -you have al-ways said: "WELL I WANT A PIANO" but I am going to wait until I can secure a s ightly used one of some good ninke. Do not overlook this opportunity, write us today we will glad y mail you special prices, discription and general information. Do It Naw.

Chas. M. Shiff LEON C. STEPLE, War. 114 Granby St. Noriolk, Va.

The Tendency of the Bay is to SPECIALIZE.

OUR SPECIALTY IS

It is our PURPOSE and DETERMINATION to continue to accord our FRIENDS and CLIENTS the same COURTEOUS and EFFICIENT service, for which our office has always been justly noted.

& Son Co.

If we WRITE Your INSURANCE It is

RIGHT.