

RELATION OF TEETH TO THE HEALTH.

Valuable Paper Read by Dr. L. V. Henderson at Recent Teachers Meeting Held in this City.

The value of the teeth in health and their influence for health or disease is being appreciated more and more every year, but there is an extreme neglect with regard to them which amounts almost to criminal carelessness.

Fletcher teaches (and practices the chewing of every mouthful) of food from seventy to eighty times every particle of value in the food before swallowing it.

But this interference with nourishment of the body because of lack of appreciation of the teeth is not all. There are few people who would want to have the dishes used at meal time, set aside with plenty of moisture, in an atmosphere of 100 per cent, and then eat out of them in this condition.

Not long ago a young man who had never before been heard of became famous over night as the author of a play that everybody praised—and, what is still more important, went to sea.

He was congratulated on making a success of his first play. "I think," he said, "I ought to be congratulated on the fact that I didn't make a success of my first play. If I had I should probably have esteemed myself so highly that I never would have succeeded with another. But I've been writing play for ten years, at the rate of two or three a year. Some of them have been produced, and some of them haven't, but every single one of them has been a failure."

Compare the work of this man, who is now fairly on the road to permanent success as a playwright with some of the quarter horses in his profession, and you will understand the soundness of his reasoning.

A little talent coupled with a little industry, sometimes a little of either quality, will often bring a little success. With success comes praise, which is pleasant to hear—and compliments which are easy to believe.

But stop and listen to either for long and your little success will be our only success. And of all the dependent, hopeless helplessness failures in this life, the man who has failed to be a success is the worst.

The sight of others enjoying the rewards that once were his embitters him and fills him with blind jealousy. And the jealous, envious man might just as well give up, for his usefulness is at an end.

It may be that most people have the inclination to be quarter horse. Few are born with that love of work that enables them to go cheerfully at all the tiresome details that must be mastered in every calling.

But to yield to the inclination is fatal. Remember that there are always men right behind you in the race perfectly willing to do the work you have been doing, and that many of them are capable of doing it exactly as well as you are doing it.

To win even a place you have got to keep on going no matter how pleasant it might be to ease up, no matter how much you feel that entitled to the rewards that are to be gathered along the way.

In the Autumn of life there will be time to rest and reflect and write reminiscences, but thru the other seasons it will be far better to thin about what other people have done better than you have than to think of that you have done better than other people have.

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.

What's the use of my wearing out my strength in this competition? None of those fellows coming along 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 horse this is never possible. The horses behind do come up, and he does try to distance them again, but he has consumed all his energy in his original dash, and, try as he will, there is no more race left in him.

Among the failures you meet in any gathering of people—in the crowds hurrying to and from their weary, poorly paid labor—in the little places in big business concerns—about the doors of the employment offices—on the bread line, even in the jails, are many human quarters horses.

The quarter habit is fatal, even for those born with unusual talents or advantages. To sit back and enjoy the fruits of the first success, with a feeling that you must necessarily be far superior to those who have not succeeded, will speedily unfit you for any really important place, even in the littiest of all the little worlds of which this big world of humanity is made up.

An observer of life who has managed to sell his observations to publishers for large sums of money was asked the reason for the failure of a man who was once regarded as one of the great men of the country.

"That is easy," he replied. "As soon as he became a great man he spent so much time being great that he didn't have any time left to accomplish anything else. Really great men haven't any time to be great. A little extra hours are put in doing the things they started out to do before they became great."

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\$25,000 for Being Tarred. Miss Mary Chamberlain, the victim of the "tar-and-leather" party, of Lincoln, Kansas, will receive \$25,000 as a solace for her injured feelings. This amount, it is stated, has been agreed upon in settlement of damage suits which Miss Chamberlain began against the prominent Shaw-Bend business men who have confessed or were convicted after a sensational trial.

Just received another large shipment of Harness, Robes and Horse blankets See them, save you money. At Leag-Winston Company.

FOR SALE—Fifty Felt Mattresses at a bargain. Upchurch Bros

Report of Condition of FIRST NATIONAL BANK at Creedmoor in the State of North Carolina, at the close of business, Dec., 5th 1911

Table with columns: Resources, Dollars, Liabilities, Dollars. Includes items like Loans and Discounts, Overdrafts, U. S. Bonds, etc.

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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

Danville Man Kills Self and Wife. In Danville, Va., last Thursday, William G. Pinnix shot and killed his young wife and then killed himself. Pinnix was a member of a prominent North Carolina family. The following dispatch tells the story:

They left letters and memoranda showing that he had planned the tragedy as long ago as Thanksgiving day. The husband was in poor health, and had been drinking recently. This afternoon while his son was lying down in an adjoining room and husband and wife were together, Pinnix, without warning, fired upon the unsuspecting wife twice in quick right temple, the other the cheek. She collapsed in a dying condition 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 the 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. Bridges" formerly an insurance solicitor here, now of Richmond. When clean in verbiage, these letters show an intimacy which impelled Pinnix to his homicidal act.

A Scientific Theory. "Now they claim that the human body contains sulphur." "In what amount?" "Oh, in varying quantities." "Well that may account for some girls making better matches than others."

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

A select assortment of Christmas presents at LYON'S Drug Store, at 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 Alternative in the house. Remarkable cures of even Tuberculosis (Consumptive) persons are often accomplished. Here are two cases:

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 constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces.

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 constipation.

TRY OUR Special Block Coal AND Pocahontas Nut. Fine for Stoves and Grates. OXFORD ICE CO.

UNLOADING THIS WEEK

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 of Harness. New lot of Horses and Mules to Arrive last of This Week.

WE CAN FILL: Your every want in Vehicles and Horse Line.

LARGE STOCK—QUALITY RIGHT—PRICES RIGHT Horner Bros. Co.

Constipation Cure Free. With the first signs of constipation 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 purgative waters, then change to cathartic pills, etc. If you have gone through these various stages you know they were all useless, so far as permanent results go. Now you should try just once again, 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 guaranteed 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. V. Dedson of Danville, Va., will gladly attest, and so will Mrs. S. A. Hampton of Portage, O.

To those who are still skeptical there is a way to prove these assertions without 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 remedy you need, buy a fifty-cent or one-dollar 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 doctors than any other similar remedy on the American market. Because of its effectiveness, purity and pleasant taste it is the ideal laxative remedy for children, women and old people 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 bowels, absolutely free of charge. Explain your case in a letter and I will reply to you in detail. 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, 14,300 Caldwell building, Monticello, Ill.

For sale by J. G. Hall.

Valuable Christmas Present Free. A beautiful enameled brooch, worth 50c., will be mailed free to any reader of this paper who will and package. Guaranteed for years send a dime to pay for postage. Address, Progressive Premium Co., Dept. No. 3, Greensboro, N. C.

Read the new ad of the Oxford Ice Company on another page and when you need coal, call on this concern. They want to keep you warmed up these winter days.

35 SLIGHTLY USED AND REBUILT PIANOS. This is the opportunity that you have been looking for so long. Thirty-five Real Bargains—We Have Them.

and they are priced so extremely low that you cannot very well afford to pass up this opportunity. You have been thinking of buying a piano for some time—you have always said "WELL, I WANT A PIANO" but I am going to wait until I can secure a slightly used one of some good make. Do not overlook this opportunity, write us today we will gladly send you a list of these pianos with special prices, descriptions and general information. Do it now.

CHAS. N. STOFF LEON C. STEPLE, Mgr. 114 Granby St. Norfolk, Va.

The Tendency of the Day is to SPECIALIZE. OUR SPECIALTY IS Insurance

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.

J. R. ROLLER & Son Co.

If we WRITE Your INSURANCE it is RIGHT.

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

LOOK OVER: My car of Wagons, Buggies, etc and see the nicest line in this section. B. G. ROGERS