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NUMBER 6.

### Over-Work Weakens Your Kidneys,

Unhealthy Kidneys Make Impure Blood.

All the blood in your body passes through your kidneys once every three minutes. The kidneys are your blood purifiers, they filter out the waste or impurities in the blood. If they are sick or out of order, they fail to do their work. Pains, aches and rheumatism come from ex-

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by all druggists in fiftysample bottle by mail Home of Swamp Root. free, also pamphlet telling you how to find out if you have kidney or bladder trouble. Mention this paper when writing Dr. Kilmer & Co., Binghamton, N. Y.

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Surest and Quickest Cure for all THROAT and LUNG TROUB-LES, or MONEY BACK.

"Excelsior" is Our Motto.

Observations of Passing Events.

THE EDITOR'S LEISURE HOURS.

In the General Assembly there is much consideration given to what some years ago came to be the familiar phrase of "Senatorial Courtesy." In many things this courtesy is correct and That Little Courtesy.

should be observed; but it is a little dangerous to become wedded to it too tightly. Sometimes good and worthy measures fail to receive the hearty support which they merit because of "courtesy" which members regard, one for another. This is good and commencess of uric acid in the dable, as in any and all human relations, when there is no special principle involved; but it is not possible for the man who considers the courtesy today always to forecast just what will be involved in a measure that tomorrow may seem to call for a return of courtesy. And so in the courtesy. which is generally becoming and commendable, there may lurk a danger that a member of the legislature may have seemingly to disregard trying to keep warm, when I heard that he may defend and stand for a principle which the other member can not exactly understand and appreciate. Courtesy is all right when it runs smoothly and brings about no cause for compromise, but it should not stand in the way of any vital matter that has to be maintained on the principles of right, backed up by honest and sturdy convictions.

> It seems hard for the public, and even for some of the members of the General-Assembly, to understand the relations between the newspapers and

the railroads. Some seem to have the opinion Railroads and Newspapers. that the railroads give the newspapers in this State unlimited transportation for the publishing of little half-column schedules. So far as THE COMMONWEALTH has had experience, this is all a mistake. A definite and signed contract is required by the railroad to give a certain amount of mileage for certain advertising designated, and when the mileage contracted for is used up, whether all the advertising has been done or not, the editor has to pay cash for his fare just as one who does not run a newspaper. And we say again, that this is a matter in the snow. My uniform's nothing before. between the newspapers and the railroads. Unless it can be shown that but rags, and I haven't got any oversuch contracts are in some way unfair, corrupting, or work some hardship on other people, it is a matter entirely for the newspapers and the railroads. And again we say that the legislature has just as much right to say that Mrs. Jones shall not buy a dress and some ribbons and things from Mr. Smith and promise to pay him in eggs as she may gather them from her poultry yards during the spring, as it has to say that the railroads shall not issue a mileage book to the publisher of a newspaper and allow that publisher, or editor, to pay for such mileage with advertising space in his paper.

THE Smithfield Herald has the following to say editorially concerning the a dozen blankets out of the commis- collecting surface. raise in the salary of Congressmen: "We suppose all our readers know sary and put them under my saddle, The cistern in which it is stored Darbe was here from John Hunts, I

Salaries at Washington. Representatives are to get seven thousand five hundred dollars per year after March 4th, 1907, instead of five thousand as heretofore. This is a fifty per ets?" cent, advance at one step. It is a jump for boodle when the tidal wave of prosperity is perhaps at its highest mark, but if hard times should again return and cotton and meat range around five cents, we do not think we would hear of any salary reduction at Washington. Owing to the plan which prevails in the nominations of Congressmen, in passing the office arround to different ports of the district, we do not always get our ablest men. We do not think half the men in Congress could earn at home much, if any, over half the salary they have been getting, so to go to Congress will be the biggest kind of money making business for them. Taking the long and short sessions of Congress together, our Congressmen and Senators are supposed to be at Washington about nine months in each two years and get fifteen thousand dollars for the nine months work. We take blanket?" the position that it is entirely too much salary. We do not think they should ask for \$1,666.67 per month for the time they stay there. The advance in salary is only a part of high handed extravagance which has been going on at Washington some time and which we think the people will some day rebuke."

plated in their work and the body impresses one as being dignified and have to get off my beat to do itconservative. Many of the members are young How the Legislature Looks. men, but not of the light-headed class. They are intelligent and seem to be willing to do their work well. Speaking with a gentleman who sees all the legislatures and keeps up with them, we fell down on his knees-I could see charge of public water-supplies have strong again. KODOL is a solution of elicited from him the remark that the present body is representative of him in the dim moonlight-and I been known to mix unfiltered water digestive acids and as nearly as posthe people of the State generally. One who looks on a day is impressed, however, the great deal of time is lost by the body in one way or another, but it is not to be expected that a body of whole-souled, jolly, social and communicative men will husband time as carefully and as constantly off my hat and stood still till he was as one man will in his office alone. A great many people have an idea that through, and then he faded away in to go to Raleigh and serve through a session of the General Assembly is the darkness.-Youths' Companion. quite a nice and easy thing and there is little tax about it at all. But for a man who goes there properly and faithfully to serve his State, this is a mistake. If a man is willing to go to Raleigh, get him a room at some quiet boarding house, be at roll call and attend committee meetings, avoid consultation about anything much, go to sleep early and sleep late-in a word, take it easy, as we say, he can have a pretty good time. But if a man desires to be of service to the State generally and his own constituency in particular it is not so easy. A man, to do this, must post himself on all the measures that come before his committee, see people as they the liver and bladder complications visit the capital on various matters of business, and various interests in which they wish his assistance, and keep posted on what is being done in druggists. Price only 50c both branches of the body. Really, to serve faithfully and well in all these things is not a very easy matter; and when one keeps up in it all through sixty days he will find that it is not such a play job, after all, as some people think. But it is really interesting to a man who cares for public affairs, for it gives him an opportunity to acquaint himself with many conditions, even some near him, which he would hardly otherwise know.

A liquid cold relief with a laxative Your money refunded if after principle which drives out the cold using three-fourths (1) of a tube through a copious action of the bowels, of ManZan, you are dissatisfithroat and stops the cough—that is Kennedy's Laxative Cough Syrup. Safe and sure in its actions; pleasant to Take adventors of this.

ed, return the balance of the tube to your druggist, and your lesson," writes John Pleasant, of Magnolia Ind. "I then began taking Dr. len's Arnica Salve won't quickly cure," a healing principle which lingers in the ed, return the balance of the take; and conforms to National Pure turned. Take advantage of this King's New Life Pills, and the longer I writes Charles Walters, of Alleghany Food and Drug Law. Contains no offer. Sold by E. T. White-please everybody. Guaranted by copiates. Sold by E. T. Whitehead & Co., Scotland Neck, Leggett Drug Co., Hobgood.

King s Rew Line Tins, and the longer I shall be shall b

#### How "Johnny" Got His Blanket.

The pension examiners who are I know a little maiden who is alworking all over the country pick up many little stories of the Civil War. some of which throw a pleasant light | She on those dark days. The following is an incident recently related by a Federal veteran:

mountains of East Tennessee. I didn't know it could be so cold down South till I tried it for myself. One bitter night I was on picket duty She's away off from camp, down in the edge of some woods, and close beside a little creek. I was tramping along through the snow, kicking my It seems a contradiction until you was sure a "gugment," as she feet and beating my hands together a voice somewhere of on the other That side of the creek calling softly, "Yank! Yank!"

I knew the enemy was in camp not far away, so I raised my gun in an instant; but the voice called again, 'Don't shoot, Yank! I'm all alone, and I don't mean any harm."

again, "and I want to see if you can't taken with discretion. spare me a blanket."

ets are scarce over in our camp, and Distilled water is the best drink, but ward luxury or frivolity met with it's awful cold, Yank."

voice of his—the Southerners have a palatable. leave it to him to get it.

this he turned away.

Well, I got safe out to the woods and on a higher level.

and unfold them a little, and drop where it is made. them in one at a time, and I'll do the rest." It looks well. The members in both branches are well dressed, well reg-

the current brought them along.

never heard anybody pray such a with the filtered, or to substitute it sible approximates the digestive juices prayer as that Southern soldier pray- entirely, without warning to the that are found in the stomach. KODOL ed for me, kneeling there in the snow users .-- Selected. in his ragged old uniform. I took

## Rising From the Grave.

A prominent manufacturer, Wm. A. Fertwell, of Lucama, N. C., relates a most remarkable experience. He says: 'After taking less than three bottle of disease, in the Diabetes stage. I fully head & Co., Scotland Neck, beleive Electric Bitters will cure me Leggett Drug Co., Hobgood. permanently, for it has already stopped which have troubled me for years.' Guaranteed at E. T. Whitehead & Co.

Two boys in New York, having read about cowboys and western life. played a wild west game in a room, and one shot the other through the head. They were dressed like cowboys and carried guns, and accidentally a gun went off. So much for reading trash.

## A Valuable Lesson.

#### Always in A Hurry.

ways in a hurry; She races through her breakfast to be in time for school;

scribbles at her desk in a hasty sort of flurry, whirl that fills the vestibule.

she hurries through her sew-Like an engine at high pressure,

as if leisure were a crime; always in a scramble, no matter where she's going. And yet would you believe itshe never is in time.

know the reason, But I'm sure you'll think it simple, as I do, when I state she never has been known to begin a thing in season,

And she's always in a hurry, because she starts too late. Selected.

#### Drinking Water.

Water is the universal solvent, and of laf and of prate." "Who are you, then, and what do it preserves this property inside the We should scarcely feel that she you want?" I asked as quiet as I human body as well as without. It was human if she did not confess "I'm a 'Johnny'," said the voice pensable, substance; but it must be and still Latter to a saving foible,

coat or blanket or anything. Blank- must be pure, or comparatively so, leaning of the younger Friends tounless it is ærated-shaken up so as her instant reprehension. He said it solemnly in that soft to absorb air-it is flat and most un-

be allowed to run away, for it con- 23 the other. Next night when I went to saddle tains the dust and other impurities Again she is horrided that "garls up-our picket-line was so far from in the air, and also the bird drop- in penselvani has got there necks set camp that we had to ride-I got half | pings and dirt from the roof or other | off with a black ribbon; a sorrowful

that by a vote in the House of Representatives and was just about to get away with should be protected from the sur- thought thay did not belong to and the Senate our United States Senators and them when the sergeant spied me. face drainings, and should be tight- Friends til I wos in formed they did, "Hello, there!" said he. "What ly covered to keep out dust. Water but I a mani times think whot signiyou going to do with all those blank- so kept is greatly preferable to well fies my being concarned about fash-My heart was in my mouth, but I the possibility of contamination, no children but som doddry fashon or tnew he couldn't see how many I matter how far it may be from the another is on there backs or heds; really did have, and so I answerd barn or the out-houses, and no mat- here is this day Josfah Albasons soun, back, cool enough, "You don't sup- ter though it may be at a higher all the soun he has; his hat is clos pose it's warm out there picketing a level. There are often seams and up behind." night like this, do you?" and with cracks in the earth which give free In 1777 the "gugment" fell; for way to water, and in this way sur- there occurred the Battle of Red I tell you I was glad to see his face washings may be carried to the Bank, which raged upon the Whitall bottom of a deep well a long way off farm and about the house, bringing

with my blankets, and pretty soon I Many persons will not trust any spinning up-stairs till a cannon-ball heard the same voice calling again, natural supply, and drink only burst in the partition at her back; 'Yank, Yank, have you got that bottled water, either natural or ar- then she merely removed her wheel tificial. But this is not always as to the cellar and spun steadily on. "Yes," I said. "I have six of safe as it seems to be. The maker When the turmoil ceased the house them, and came near getting caught, of the artificial water may not filter was full of wounded, including the "Glory," said "Johnny". "Glory! acid gas, and then of course it is no died there. Ann Whitall moved better then the water of the tenth beliefully among them could be better then the water of the tenth beliefully among them could be better then the water of the tenth beliefully among them could be better then the water of the tenth beliefully among them could be better then the water of the tenth beliefully among them could be better then the water of the tenth beliefully among them. Now, you jest slip down to the creek better than the water of the town helpfully among them, scolding the

I did just as he told me—I didn't may be pure or contaminated.

Those who live in cities where the and he went a little way down the water is filtered may safely drink it, creek and fished the blankets out as if they can be sure the water supplied is always that which came When he'd got the last one out, he through the filter-beds. Those in

The relief of Coughs and Colds through laxative influ-tion the ingredients of KODOL are such ence. originated with Bee's as to make it a corrective of the high-Laxative Cough Sprup contain- est efficiency and by its action the ing Honey and Tar, a cough stomach is restored its normal activity syrup containing no opiates or and power. KODOL is manufactured poisons, which is extensively in strict conformity with the National sold. Secure a bottle at once, Pure Food and Drug Law. Sold by obtain a guarantee coupon, and if not fully satisfied with re-Electric Bitters, I feel like one rising sults, your money will be refrom the grave. My trouble is Bright's funded. Sold by E. T. White-

# A Thought for The Day.

The aphorism, "As a man thinketh in his heart so is he," not only embraces the whole of a man's being, but is so comprehensive as to reach out to every condition and circumstances of his life. A man is literally what he thinks, his character being the complete sum of all his thoughts.-James Allen.

## **Hunting for Trouble.**

"I've lived in California 20 years, and am still hunting for trouble in the way

#### Ann Whitall's "Meddatations."

Ann Whitall, an old-time Quakeress, kept a little brown diary or book of "meddatations" which has recently served Mr. Logan Pearsall Smith as the basis of an interesting article And comes home in a breathless in the Atlantic Monthly. It shows Mrs. Whitall to have been unblessed Once we were camped in the She hurries through her studying, by that cheerful serenity, but without gleams of mirth, so often characteristic of the Friends. She was constantly mourning in spirit over the sins of an amiable family, who seem to have done nothing worse than to skate, swim, fish and enjoy merry company. None the less she quaintly spelled it, would descend not only upon the evil-doers, but on all belonging to them; and her ideal of conduct for herself was one of corsistent melancholy.

"I often thinks if I could be so fixt as never to Laugh nor to smil I shud be won step better; it fils me Poctoral in breaking up a cold. with sorrow when I see people so ful

is therefore a useful, indeed indis-nevertheless to occasional laughter. an excessive liking for goodies.

If one drinks a hard water-one "I find sum freedum to right whot "You are crazy," said I. "I'd be already saturated with salts-it does a tarabel thing this eating of tu shot if they caught me giving you a little good, for all its energy must much is, and has been to me many be expended in removing from the times; I think I can say of a truth it "There's no need for you to get system the mineral matter which it is the wost sin that ever I did. I du shot," says "Johnny", "and I'm already holds in solution, and the believe it is as bad as drinking too bout to freeze, picketing out here animal waste is left where it was much, eating too much is the root of all evil in me."

A drinking water to be of any use. As might be expected, the least

"O the Calico," she wrote tearfully, "we pretend to go in a plain soft, easy way of talking-and, well, Rain-water, in the country, is dis-speech and plain dress, but where is the upshot of it was that I promised tilled water, and if properly collect- our plainness? I think tobacko and him I would bring a blanket with me ed and stored, is excellent for drink- tee and Calico may all be set down when I came back the next night and ing purposes. The first fall should with the negors (negus), won as bad

site indeed Six of them garls from water, which is almost never beyond ion? where is one Friends child or

destruction in its train. She sat

it before charging it with carbonic gallant young Count Donop, who Hessians, it is true, for coming overseas to butcher people, but tending The natural waters may be pure faithfully wherever she could be of and they may not, just as any spring use. Her service is recorded by oth- your money." ers; she did not think it worthy of a a full \$1 size FREE bottle of place in the precious volume that UVA SOL and if it benefits held her "meddatations."-Selected. you, then use UVA SOL until

Nothing will relieve Indigestion that is not a thorough digestant. KODOL SOL at digests what you cat and allows the stomach to rest—recuperate — grow gestive organs, and while performing this work itself does greatly assist the stomach to a thorough rest. In addi-E. T. Whitehead & Co.

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