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J. C. HARDY, Editor and Proprietor. "Excelsior" is Our Motto. Subscription Price $1.00 Per Year.

VOL. XXV. SCOTLAND NECK, N. C., THURSDAY, NOVEMBER 18, 1909. NUMBER 46.

Women as Well as Men are Made Miserable by Kidney and Bladder Trouble.

Kidney trouble preys upon the mind, ... ambition; beauty, vigor and cheerfulness soon disappear when the kidneys are out of order or diseased.

Kidney trouble has become so prevalent that it is not uncommon for a child to be born afflicted with weak kidneys. If the ..., if the urine scalds ... the child reaches an ... able to control the ... bed-wetting, the cause of the difficulty, and the first ... towards the treatment of ... organs. This unpleasant ... diseased condition of ... bladder and not to a ... people suppose.

... as well as men are made miserable ... kidney and bladder trouble, ... the same great remedy, ... and the immediate effect of Swamp-Root is soon realized. It is sold by druggists, in fifty-cent and one-dollar size bottles. You may have a sample bottle ... free, also a pamphlet telling all about Swamp-Root, including many of the thousands of testimonial letters received from sufferers who found Swamp-Root to be just the ... In writing Dr. Kilmer & Co., Binghamton, N. Y., be sure and mention this paper. Don't make any mistake, but remember the name, Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y., on every bottle.

Home of Swamp-Root.

A. PAUL KITCHIN,
ATTORNEY AT LAW,
Scotland Neck, N. C.
Practices Anywhere.

DR. J. P. WIMBERLEY,
PHYSICIAN AND SURGEON,
Scotland Neck, N. C.
Office on Depot Street.

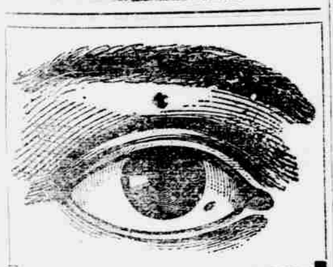
DR. A. C. LIVERMON,
DENTIST.
... stairs in White ... Building.
... from 9 to 1 o'clock and 2 to 5 o'clock.

J. McBRYDE WEBB,
ATTORNEY AND COUNSELOR AT LAW,
219-221 Atlantic Trust Building
Norfolk, Va.
Notary Public. Bell Phone 760

EDWARD L. TRAVIS,
ATTORNEY AND COUNSELOR AT LAW,
Halifax, N. C.
Money Loaned on Farm Lands

WILL H. JOSEY,
GENERAL INSURANCE AGENT,
Scotland Neck, N. C.

PARKER'S HAIR BALSAM
Cleanses and beautifies the hair. Promotes a luxuriant growth. Never Fails to Restore Gray Hair to its Youthful Color. Cures scalp diseases & hair falling. 50 and $1.00 at Druggists.



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GLASSES
Make All the World Seem
BRIGHTER
Made to Suit YOUR EYES.
Tucker, Hall & Co.,
The Expert Opticians,
53 Granby St., Norfolk, Va.
Catalogue on Application.

HOLLISTER'S
Rocky Mountain Tea Nuggets
A Easy Medicine for Busy People.
Bring Golden Health and Renewed Vigor.
A Gentle for Constipation, Indigestion, Live and Kidney Troubles, Pimples, Eczema, Impure Blood, Bad Breath, Sluggish Bowels, Headache and Backache. 1 Rocky Mountain Tea in tablet form, 35 cents a box. Genuine made by HOLLISTER DRUG COMPANY, Madison, Wis
GOLDEN NUGGETS FOR SALLOW PEOPLE

Observe Sanitary Sunday.

"Sanitary Sunday" is annonuced by the tuberculosis and health authorities for Sunday November 28th Dr. Charles A. Julian, Assistant Secretary for tuberculosis for the State Board of Health, has issued the following open letter to the churches and church people of North Carolina:

"There is now being conducted a campaign of education for the study and prevention of tuberculousis in this State. Scientists now believe that the disease can be checked, but obliterated and effaced from the earth, if a well organized attempt is made in the direction of assistance and with keen sighted educational measures and supervision. But the fact remains that this battle against disease must be perpetrated by the people. Its success depends upon the organization of a fighting force in every community devoted to its object and inspired to a constant and unabated activity. Tuberculosis is a preventable disease and must be prevented. Tuberculousis kills more people and costs more money than all other communicable diseases combined. But it will take a combined effort on the part of the entire people to prevent it. This campaign on tuberculosis is clearing up the whole local health situation. We cannot get control of tuberculosis without making it practically impossible for any of the filth or needless disease to exist. In getting rid of this disease we will raise the whole standard of living for the average people. The prevention of disease rather than its cure, the removal of the causes and condition conducive to disease, is a primary object of this effort.

"We would like for this information to be brought to the attention of the ministers of North Carolina in view of a request to make Sunday, November 28, sanitary Sabbath. On this day we hope that every minister in the State will preach a special health sermon, explain the little Red Cross Christmas stamp and its mission, explain the fight against disease, explain the warfare against consumption and appeal to the people to save themselves. We desire the service of the ministers for our first sanitary Sabbath."

Rest After Meals.

Hurried eating of meals, followed immediately by some employment that occupies the whole attention and takes up all or nearly all of the physical energies, is sure to result in dyspepsia in one form or another. Sometimes it shows itself in excessive irritability, a sure indication that nerve force has been exhausted.

The double draught, in order to digest the food and carry on the business, has been more that nature could stand without being thrown out of balance. Nature does not do two things at a time and do both well, as a rule. All know that when a force is divided it is weakened. If the meal were eaten slowly, without preoccupation of the mind, and the stomach allowed at least half an hour's chance to get its work well undertaken before the nervous force is turned in another direction patients suffering from dyspepsia would be comparatively few.—Famil y Doctor.

We generally know just what others should do under given circumstances, though we may be a bit hazy as to how we should act ourselves.

SCROFULA
Scrofula disfigures and causes life-long misery. Children become strong and lively when given small doses of
Scott's Emulsion
every day. The starved body is fed; the swollen glands healed, and the tainted blood vitalized. Good food, fresh air and *Scott's Emulsion* conquer scrofula and many other blood diseases.
FOR SALE BY ALL DRUGGISTS
Send 10c., name of paper and this ad. for our beautiful Savings Bank and Childs Sketch-Book. Each bank contains a Good Luck Penny.
SCOTT & BOWNE, 409 Pearl St., N. Y.

Kitchin.

There have been a number of things connected with the administration of Gov. Kitchin that, in our opinion, have entitled him to the commendation of the people. To a large element in the State his conduct of office has proved a distinct surprise—prehaps, we might say agreeable disappointment. Feeling this way, the Chronicle is in hearty accord with some expressions which it finds in the Greensboro Record. That paper thinks Governor Kitchin is an illustration of a man who attends to his duties, no matter what the papers say. During the canvass for the nomination many were the predictions that he would "run amuck,"

"The State's business would suffer" and all that. "Instead," says the Record' "he has remained at his post declining invitation after invitation, refusing to go to the King's Mountain celebration, but he finally yielded. He should have gone and now is going to introduce President Taft at Wilmington next month. But these are exceptions. He sticks right to his knitting and the public is fast finding out that he is the hardest man to fool that ever held office. Cajoling him or flattering him has no effect; he insists on knowing all the case before he acts and favoritsm has no place with him. Sometime ago he approached aprominent gentleman and asked him about the qualifications of a certain man desiring some position. He said he wanted to know if he was competent honest, sober, and a gentleman who could be relied on. The answer was yes, but his informant remarked—'but he faught your nomination.' 'That makes no difference to me,' replied the Govenor; 'I want the best man for the place.' And he got the position."

We think the Record would require too much in not wanting Governor Kitchin to meet appointments among his own people. We would not have him make a hermit of himself. It is his duty, as it is his pleasure, to circulate about the State as occasion may require, and this applies to the invitation extended to him to meet with the people of Charlotte next Saturday. Mr. Kitchin is an inside-the-State Governor, and in the bounds of the State he is always at home. We are not among those who would have him chained down at Raleigh and, so far, he has given no evidence that such a proceeding is going to become necessary.—Charlotte Chronicle.

Home Discipline Lax.

Sometimes we hear elderly people complain that children are not as respectful and obedient to their parents as they were a generation ago. Now we are not among that class of pessimist who believe that the world is growing worse. On the other hand, we believe, all things considered. that it is growing better. Nevertheless, we are not sure that the present generation of young people have that wholesome respect for those in authortiy over them that the vonng people of a former generation had. Parents, as a rule, are more indulgent with their children than those of a generation ago were. They are more inclined to allow them to pursue their own sweet wills. It is out of fashion to whip a child. The school teacher that whips occasionally is acconnted a tyrant and is soon out of a job, and if he employes severe, or even firm measures in the correction of an incorrigible youth he is in danger of having to meet and placate an irate parent. Discipline is lax at home, what is the logical result? By the time the boy becomes a man he has not much respect for law and order. He is self-willed and recalcitrant. Before he leaves home he makes it clear that he thinks he knows more than his father. He obtains a position in business, he cannot hold it, because he cannot bear restraint. But that is not all nor the worst He makes a dangerous member of society. He gets into his head he is the greatest thing in the world to "raise cain." He likes to put a pistol in his pocket and go to church and disturb the worship. He does not mind being disorderly on the streets or in other public places. To do so makes him conspicuous. — Wilkesboro Chronicle.

As Ye Would.

In men, whom men condemn as ill,
I find so much of goodness still;
In men, whom men pronounce divine,
I find so much of sin and blot;
I hesitate to draw a line
Between the two where God hos not.
—Joaquin Miller.

FOOD AND FATIGUE.

Meats and Their Relation to Muscular Exhaustion.

The recent experiments to discover the effect of diet on physical endurance are regarded by a writer in the Revue Scientifique as clearly indicating that entire or partial abstinence to fatigue. He remarks that there is always a lively contest on between meateaters and vegetarians, but all questions of theory or self-appreciation a part, he believes it is interesting to inquire whether flesh-eaters resist fatigue better than abstainers. He notes first a series of experiments made by our own Prof. Irving Fisher on health subjects chosen from among both flesh-eaters and vegetarians, showing that the latter resist fatigue much longer than the others. "This fact having been duly established," he says, "it remains to investigate the cause." He continues:

"Dr .A. Haig thinks that this resistance is acquired by all those who give up foods that are able to form uric acid; for according to him, it is this that causes fatigue. His theories have found both adherents and opponents,

"According to Haig, the action of uric acid is due to the fact that it makes the blood viscous, and that therefore the heart finds difficulty in forcing it through the capillaries, so that there is an increase of blood pressure. Observation shows, in fact, that persons who have great endurance often have a low blood pressure,

"Another theory than Haig's has it that flesh food contains 'fatigue-poisons' which accentuate the effects of those produced by the muscular activity of the organism,

"Finally according to a third theory, that of Professor Chittenden, as noted by Prof. Irving Fisher, the fatty substances and carbohydrates are burned entirely in the organism, being reduced to carbonic acid and water, which are easily crystalizable residues, among which is uric acid. Now, theoretically, these products are the cause of fatigue.

"To sum up the problem of ailmentation remains still to be resolved, but it is at any rate proved that when the food is poor in albumen, as in the case with abstinents from flesh, the endurance is more considerable.

"Physicians are tending to diminish the quantity of meat in prescribed diets, and are thus in accord with the theories of * * * partisans of a non-flesh allumentation.

"A large number of persons, without being subject to any special obligatory diet, have cut out meat from their evening meal, without inconvenience and even with benefit. Abstinence from animal food would be observed much more generally if the adoption of this new regimen were brought about progressively and not suddenly, as often happens; it is necessary to habituate the stomach of it. and this habit is quickly acquired.

"It may be added that experience shows that when meat has been dropped from one's diet one feels better and never desires to return it."—From The Literary Digest.

Upside Down.

"Help! Help!" cried an Italian laborer near the mud-flats of the Harlem River.

"What's the matter there?" came a voice from the construction shanty?

"Queek! Bringa da shov'! Bringa da peek! Gio Vanni's stuck in da mud."

"How far in?"

"Up to hees knees."

"Oh, let him walk out."

"No, no! He no canna walk! He wronga end up!"—Everybody's Magazine.

Lame back comes on suddenly and is extremely painful. It is caused by rheumatism of the muscles. Quick relief is afforded by applying Chamberlain's Liniment. Sold by E. T. Whitehead Company.

"Don't you think, Mary, you are too old to play with the boys?"

"No mamma; the older I get, the better I like them."—Judge.

A Scalded Boy's Shrieks

horrified his grandmother, Mrs. Maria Taylor, of Nebo, Ky., who writes that when all thought he would die, Bucklen's Arnica Salve wholly cured him. Infallible for burns, scalds, cuts, corns, wounds, bruises. Cures fever-sores, boils, skin eruptions, chilblains, chapped hands. Soon routs piles. 25c at E. T. Whitehead Company's.

Riches Women.

The bequest of practically his whole estate to his wife made in the will of E. H. Harriman has aroused anew the old controversy as to who is the richest woman in America. This question is about as interesting and as profitable as the mooted question of who discovered the pole first, or was it revision downward, or who hit Billy Patterson or how old is Ann? It matters little whether Mrs. Harriman is richer than Hetty Green or Mrs. Sage. It matters a great deal, however, that a few women own and control so large a share of the wealth of the Republic.

Below is a partial list of the women who are supposed to be the richest of their sex in America:

Mrs. Cornelius Vanderbilt, Sr., received $2,000,000 and annuity of $200,000 a year from her husband's estate.

Mrs. Marshall Field from husband's estate of $20,000,000, received $3,000,000 in lieu of her dower right.

Mrs. Thomas B. Wanamaker received one-third of husband's estate $20,000,000.

Mrs. Morris K. Jessup got $9,917,000 from her husband's estate of $13,000,000.

Mrs. H. H. Rogers from her husband's estate of $100,000,000, received a home and $100,000 a year.

Mrs. Roswell P. Flower received the bulk of her husband's estate of $7,000,000.

Mrs James Henry Smith received $3,000,000 in lieu of dower rights in her husband's estate of $30,000,000.

Mrs. William K. Thaw received $10,000,000 of her husband's estate of $20,000,000.

Mrs Russel Sage received all of her husband's estate of $63,750,000.

Mrs. Hetty Green has made $100,000,000.

Mrs. H. O. Havemyer received a widow's share of her husband's estate of $20,000,000, a home and $50,000 a year.

Miss Hellen Miller Gould received about $16,000,000 from her father's estate.

Mrs. William B. Leeds has a life interest in her husband's estate of $30,000,000.

Mrs. Phoebe Hearst has all of her husband's estate of $30,000,000 if she does not re-marry; $10,000,000 if she does.

Mrs. Frederic C. Penfield (formerly Miss Annie Weightman) inherited $80,000,000 from her father.

Mrs. Harriman has inherited an estate valued from $50,000,000 to $150,000,000.—New Haven Union.

Meat Eating and Shoes.

There are six really big shoe factories in the United States. These turned out 25,000,000 pairs of shoes last year. Shoes to the value of $340,000.000, were used in this country. Altogether the trade in rubbers increases every year, only $70,000,000 was spent for such things last year.

We are told that the preaching of vegetarianism interferes greatly with the shoe business. Last year Germany took a notion to eat less meat and, according to The Bookkeeper, the shoe manufactures in the land of the Kaiser were in dispare. It is necessary to sell a great deal of meat in order that hides may be obtained without loss.

This is another instance of the need of co-operation between manufacturers of all kind. Unless Swift and Armour and the other packers are able to sell their goods the factories in the East must do with less leather. When the factories are forced to get along with less leather the world must get along with fewer shoes, and must also pay a higher price for those it does buy.

It is interesting to know that the foreign shoe trade is constantly increasing. American salesmen are entering Darkest Africa and inducing the natives to court bunions and corns by departing from their good custom of going barefoot.—New York Sun.

Hives, eczema, itch or salt rheum sets you crazy. Can't bear the touch of your clothing. Doan's Ointment cures the most obstinate cases. Why suffer? All druggists sell it.

Love alone is wisdom, love alone is power; and where love has failed, it is where self has stepped between and dulled the potency of its rays.

Can't look well, eat well or feel well with impure blood feeding your body. Keep the blood pure with Burdock Blood Bitters. Eat simply, take exercise, keep clean, and you will have long life.

Absolutely Pure...
Royal Baking Powder Improves the flavor and adds to the healthfulness of the food
ROYAL BAKING POWDER
ROYAL BAKING POWDER
Absolutely Pure

Fat Men Under Fire.

Unless Falstaff's reasoning may explain it how shall fat men account for the interest which the Departmeut of Agriculture is taking in them? Sir John argued that as flesh is weak and he had more than most men, he was entitled to plead greater weakness than his fellows. Viewed in this light gentlemen of large girth and legitimate subjects government's paternalistic care.

But Why should fat men fall under the jurisdiction of the Department of Agriculture? Our portly fellow-citizens are not vegtables, and it would be brutal indeed to classify them as live stock. They may be ponderous, but they are men and brethren. If we were to give thought alone to capons, roasts, gravies, pies, puddings and favorite brews it would appear that these gallant trenchmen belonged properly in the care of the Interior Deparment,

All this, however, has no bearing on the theory of the learned professors of agriculture who set up the original idea that stout men suffer more from heat and humidity then their lean and hungry compatriots; that they should live in cool climates: preferably at the North Pole; that ballooning would do them good, and that a ride on the pilot of a mile-a-minute locomotive might evaporate them to some extent. These discoveries will take high rank in an age of wonders.—New York World.

Earliest Railroad Tickets.

The earliest railway tickets differed entirely from those now in use. The booking clerk was furnished with a volume, the pages of which were divided down the center by a perforated line the outside half of each page was again divided into slips about four inches long by an inch and three-quarters in width, on each of which was printed the name of the issuing station; spaces were provided in which the clerk had to write the destination, passenger's name, date of issue and the time the train was due to depart.

One of these slips, duly filled in was detached from the book and handed over to each would-be-passenger in exchange for his fare.

The traveler, having thus obtained his ticket, was passed on to the guard of the train by which he desired to travel. This official was provided with a kind of waybill on which he entered particulars of all his passengers in much the same way that a parcel is served nowadays

Incidentally the similarity of treatment did not always end there, the third class passangers had to travel in an open carriage, frequently nothing more than a good truck attached to a train, which carried both passengers and goods, more or less indiscriminately.—Railway Magazine.

Knew What He Wanted.

"Gimme a dimes worth o' dried beef an' sum crackers," said Uncle Josh to the young lady in charge of the ribbon counter in a downtown store.

"You have evidently made a mistake in the place," she smilingly replied. "This is a dry goods store."

"Waal, now, I reckon I know'd that, b'gosh," said the old man, "an' ef dried beef an' crackers hain't dry what is?"—Morning Star.

Makes blood and muscle faster than any other remedy. Gives health, strength and vitality. Hollister's Rocky Mountain Tea towers above all other remedies for making sick people well, and well people "weller." Take it to-night. E. T. Whitehead Co.

Ten Things to Do This Month.

Finish sowing wheat, and sow rye on all land that would otherwise be left during the winter.

2. Get in the corn as early as possible, see that the cotton is stored in a dry place, and that all roughness is put up so that it will keep sweet and sound.

3. Start the fattening hogs on the "home stretch" and keep them going until killing time.

4. Go over all young animals and see that they are free from lice; if not treat them to a bath of Carbolineum or some other disinfectant.

5. Clean up the poultry houses, whitewash or spray with some coal tar preparation, stop up cracks and leaks, and if necessary, fumigate to kill the lice.

6. Get the machinery under shelter, and see that there are no leaks in the barn roof.

7. Set out some fruit trees, grapes and berries, also some shrubbery and shade trees in the yard, if needed.

8. Get in a good supply of fire wood and store it in the dry.

9. Drain the wet lands, with tile, if possible; if not, with broad shallow ditches that a team can cross.

10. Look after the winter's reading; see that the children have good books and papers, including some of a practical nature.—Progressive Farmer.

Penitentiary Authorities Pleased.

Raleigh, Nov. 1.—The penitentiary authorities are very much pleased at the big cotton crop on their farm on the Roanoke river. Already over 500 bales have been picked and is now being gathered. The record crop there is something over 1,000 bales, so it will be seen that this is a very good crop indeed.—Special to Daily News.

China is now going in for a strong army and navy. Who knows but she may yet be demanding the open door in the United States?—Boston Herald.

John Rockefeller has offered to give a million dollars to find a cure for the hook-worm disease. Uncle Johnny evidently wants to catch up with Andrew Carnegie who has given several millions to propagate the book-worm disease.—Bedford Bulletin.

When a cold becomes settled in the system, it will take several treatments to cure it, and the best remedy to use is Chamberlain's Cough Remedy. It will cure quicker than and other, and also leaves the system in a natural and healthy condition. Sold by E. T. Whitehead Company.

"God bless the phools and don't let them run out, for if it want for them, the rest ov the world would be bothered tew git a good living."—Josh Billings.

Forced into Exile.

Wm. Upchurch, of Glen Oak, Okla., was an exile from home. Mountain air, he thought, would cure a frightful lung-racking cough that defied all remedies for two years. After six months he returned, death dogging his steps. "Then I began to use Dr. King's New Discovery," he writes, "and after taking six bottles I am as well as ever." It saves thousands yearly from desperate lung diseases. Infallible for coughs and colds, it dispels hoarseness and sore throat. Cures grip, bronchitis, hemorrhages, asthma, croup, whooping cough. 50c and $1. Trial bottle free. Guaranteed by E. T. Whitehead Company.