

LIVING AUTOMATICALLY

Prof. James Tells How to Save Mental Energy for Needs.

A MATTER OF DISCIPLINE.

The Man Without Fixed Habits of Life Wastes Half His Time in Making up His Mind—Period Between Twenty and Thirty a Critical One in Shaping Future.

"Habit a second nature! Habit is ten times nature," the Duke of Wellington is said to have exclaimed; and the degree to which this is true no one probably can appreciate as well as one who is a veteran soldier himself, says Prof. James of Harvard, in his work on psychology. The daily drill and the years of discipline can by fashioning a man completely over again, as to most of the possibilities of his conduct.

Riderless cavalry horses at many a battle have been seen to come together and go through their customary evolutions at the sound of the bugle call. Most domestic beasts seem machines almost pure and simple, undoubtedly, unhesitatingly doing from minute to minute the duties they have been taught, and giving no sign that the possibility of an alternative ever suggests itself to their mind.

If the period between twenty and thirty is the critical one in the formation of intellectual and professional habits, the period below twenty is more important still for the fixing of personal habits, properly so called, such as vocalization and pronunciation, gesture, motion and address.

Hardly ever is language learned after twenty spoken without a foreign accent; hardly ever can a youth transferred to the society of his betters unlearn the nasality and other vices of speech bred in him by the association of his growing years. Hardly ever, indeed, no matter how much money there be in his pocket, can he ever learn to dress like a gentleman born. The merchants of their wares as eagerly to him as to the veriest "swell," but he simply cannot buy the right things. An invisible law, as strong as gravitation, keeps him within his orbit, arrayed this year as he was the last; and how his better-clad acquaintances contrive to get things they wear will be a mystery to him to his dying day.

The great thing, then, in all education is to make our nervous system our ally instead of our enemy. It is to fund and capitalize our acquisitions, and live at ease upon the interest of the fund. For this we must make automatic and habitual, as early as possible, as many useful actions as we can, and guard against the growing into ways that are likely to be disadvantageous to us, as we should guard against the plague.

The more of the details of our daily life we can hand over to the effortless custody of automatism, the more our higher powers of mind will be set free for their own proper work. There is no more miserable human being than one in whom nothing is habitual but indecision, and for whom the fighting of every cigar, the drinking of every cup, the time of rising and going to bed every day, and the beginning of every bit of work, are subjects of express volitional deliberation.

Full half the time of such a man goes to the deciding, or regretting, of matters which ought to be so ingrained in him as practically not to exist for his consciousness at all. If there be such daily duties not yet ingrained in any one of my readers, let him begin this very hour to set the matter right.

By Prof. Bain there are some admirable practical remarks laid down. Two great maxims emerge from his treatment.

"The first is that in the acquisition of a new habit, or the leaving off of an old one, we must take care to launch ourselves with as strong and decided an initiative as possible. Accumulate all the possible circumstances which shall re-enforce the right motives; put yourself assiduously in conditions that encourage the new way; make engagements incompatible with the old; take a public pledge, if the case allows; in short, envelop your resolution with every aid you know.

This will give your new beginning such a momentum that the temptation to break down will not occur as soon as it otherwise might; and every day during which a breakdown is postponed adds to the chances of its not occurring at all.

The second maxim is: Never suffer an exception to occur till the new habit is securely rooted in your life. Each lapse is like the letting fall of a ball of string which one is carefully winding up; a single slip undoes more than a great many turns will wind again. Continuity of training is the great means of making the nervous system act infallibly right.

For a painful burn there is nothing like DeWitt's Witch Hazel Salve. There are a host of imitations of DeWitt's Witch Hazel Salve on the market—see that you get the genuine. Ask for DeWitt's. Good, too, for sunburn, cuts, bruises, and especially recommended for piles. The name E. C. DeWitt & Co., Chicago, is on every box. Sold by S. R. Biggs.

Marrying in haste no longer provides so certainly for divorcing at leisure.

A Mountain of Gold
could not bring as much happiness to Mrs. Lucia Wilke, of Caroline, Wis., as did one 25c box of Bucklen's Arnica Salve, when it completely cured a running sore on her leg, which had tortured her 23 long years. Greatest antiseptic healer of Piles, Wounds, and Sores. 25c at S. R. Biggs' drug store.

Short Lived Doctors.

The diseases which claim the most victims among physicians relatively to all males are gout and diabetes, and there is a high relative mortality from diseases of the nervous system, circulatory system and kidneys.

From the nature of his habits the physician is not subject to accidents, and though he is brought into contact with infection to a greater extent than other men, his preventive means are successful and his mortality from infection is very low. Freedom from prolonged muscular strain and high blood tension apparently saves him from arteriosclerosis, but suicide claims many, and so do the drug habits acquired by the nervously exhausted. It has been said that three-fourths of French morphine users are physicians.

The cause of the physician's early death is evidently the excessive nervous expenditure insufficient rest and defective nutrition, inseparable from his calling, with its broken and restricted sleep, irregular hours of work, rest and meals, the worry when lives depend upon his judgment and the lack of a day of complete relaxation in each week. The physician who sees his patients every day in the week, month after month, and cannot learn to forget them when he goes home, merely burns the candle at both ends. He violates the law obeyed by every other animal, that there shall be short periods of moderate exertion interrupted by longer periods of rest when repairs are made. It is not too much work as a rule, but scattered work, which prevents rest.

A torpid, inactive liver can produce more bodily ills than almost anything else. It is good to clean the system out occasionally. Stir the liver up, and get into shape generally. The best results are derived from the use of DeWitt's Little Early Risers. Reliable, effective, pleasant pills with a reputation. Never gripe. Sold by S. R. Biggs.

Secretary Taft insists that the type of canal to be built at Panama must be settled at once. Well, where's the difficulty? Can't Public Printer Stillings, out of 4,000 employees spare the Secretary one good type-setter?

Have you weakness of any kind, stomach, back, or any organs of the body? Don't dope yourself with ordinary medicine. Hollister's Rocky Mountain is the supreme curative power. 35 cents. Tea or Tablets. S. R. Biggs, Williamston, and Nelson & Hargrove, Robertsonville.

Leading divorce colonies register the complaint that in these days it is well nigh impossible to know who you're married to.

A good complexion is impossible with the stomach out of order. If pasty sallow people would pay more attention to their stomachs and less to the skin on their faces, they would have better complexions. Kodol for Dyspepsia will digest what you eat and put your stomach back in right shape to do its own work. Kodol relieves palpitation of the heart, flatulence, sour stomach, heart burn, etc. Sold by S. R. Biggs.

We are waiting to hear South Dakota protest that that this new divorce ruling is in direct restraint of interstate commerce.

Chamberlain's Cough Remedy the Very Best

"I have been using Chamberlain's Cough Remedy and want to say it is the best cough medicine I have ever taken," says Geo. L. Chubb, a merchant of Harlan, Mich. There is no question about its being the best, as it will cure a cough or cold in less time than any other treatment. It should always be kept in the house ready for instant use, for a cold can be cured in much less time when promptly treated. For sale by S. R. Biggs.

No, Eustace—the Dewey reported at the Suez Canal is not the admiral. It is the Dry Dr.

Fortunate Missourians

"When I was a druggist, at Livonia, Mo.," writes T. J. Dwyer, now of Graysville, Mo., "three of my customers were permanently cured of consumption by Dr. King's New Discovery, and are well and strong to-day. One was trying to sell his property and move to Arizona, but after using New Discovery a short time he found it unnecessary to do so. I regard Dr. King's New Discovery as the most wonderful medicine in existence." Surest Cough and Cold cure and Throat and Lung healer. Guaranteed by S. R. Biggs, Druggist, 50c and \$1. Trial bottle free.

Denaturing alcohol, however, will doubtless have small bearing on the retail price of high-balls.

It is possible to obtain relief from chronic indigestion and dyspepsia by the use of Kodol for Dyspepsia. Some of the most hopeless cases of long standing have yielded to it. It enables you to digest the food you eat and exercise a corrective influence, building up the efficiency of the digestive organs. The stomach is the boiler wherein the steam is made that keeps up your vitality, health and strength. Kodol digests what you eat. Makes the stomach sweet—puts the boiler in condition to do the work nature demands of it—gives you relief from digestive disorders, and puts you in shape to do your best, and feel your best. Sold by S. R. Biggs.

Green Turtles Expensive.

"The flesh of the green turtle often brings \$50 a pound," said an oyster dealer. "This rich meat comes to us from the coral reefs of the West Indies."

"The turtles are caught in nets among the rocks. They are very carefully brought north. They are deck passengers at first, but as the weather grows cold with the ship's progress they are penned in warm rooms below—regular staterooms."

"It's a different treatment that they get, though, at the natives' hands. If a native is bringing the turtles north he sells them fast to the deck by their flippers. Strange creatures that they are, they appear to suffer little under such cruel treatment."

"The calipce and calipash are respectively the flesh from the breast and the back of the green turtle, tidbits, which, I have heard epicures say, are unequalled in the earth beneath the heavens above or the waters under the earth. This meat is superlatively rich, delicate and tender."

"Live green turtle fetches, wholesale, from a dime to a quarter a pound. What makes the meat so expensive in the end is that out of a 140 pound fish you'll only get two pounds of calipce and one of calipash."

"Several times when there has been a tight turtle market the chefs of millionaires and of certain extravagant hotels have offered me \$1 a pound for live turtle. At that rate your calipce and calipash would come to quite \$50 a pound, wouldn't it?"

He led the way to a basement, dark, warm, dry. Here drowsed a number of enormous green turtles, and in several heavy cases lay heaps of what looked like crisp, curly pieces of glue.

"That," said the dealer, "is the finest and dried turtle meat."

"Do you ever have accidents in handling big turtles?"
"Not often. Last month, though, a 200 pounder bit my foreman's nose off. The fellow has sued me for damages. He claims the turtles ought to be muzzled. He says elevators and dangerous machines have guards, and the muzzles would be the guards of the turtles. But that is nonsense."

Why Suffer from Rheumatism

Why suffer from rheumatism when one application of Chamberlain's Pain Balm will relieve the pain? The quick relief which this liniment affords makes rest and sleep possible, and that alone is worth many times its cost. Many who have used it hoping only for a short relief from suffering have been happily surprised to find that after a while the relief became permanent. Mrs. V. H. Leggett, of Yum Yum, Tennessee, U. S. A., writes: "I am a great sufferer from rheumatism, all over from head to foot, and Chamberlain's Pain Balm is the only thing that will relieve pain." For sale by S. R. Biggs.

Kentucky reports that the open season for mint juleps is now on.

A Good Suggestion

Mr. B. C. Wainwright, of Lemon City, Fla., has written the manufacturers that much better results are obtained from the use of Chamberlain's Colic, Cholera and Diarrhoea Remedy in cases of pains in the stomach, colic and cholera morbus by taking it in water as hot as can be drunk. That when taken in this way the effect is double in rapidity. "It seems to get at the right spot instantly," he says. For sale by S. R. Biggs.

San Franciscans may suffer from the cold, but they give no sign of being troubled with cold feet.

Have you pains in the back, inflammation of any kind, rheumatism, fainting spells, indigestion or constipation, Hollister's Rocky Mountain Tea makes you well. S. R. Biggs, Williamston and Nelson & Hargrove, Robertsonville.

A shower in times saves the sprinkling man at least \$9.

Deaths from Appendicitis

decrease in the same ratio that the use of Dr. King's New Life Pills increases. They save you from danger and bring quick and painless release from constipation and the ills growing out of it. Strength and vigor always follow their use. Guaranteed by S. R. Biggs, Druggist, 25c. Try them.

B. Franklin figures in the day's news with well-nigh the frequency of the late full-page Jonathan P. Jones.

It pours the oil of life into your system. It warms you up and starts the life blood circulating. That's what Hollister's Rocky Mountain Tea does. 35 cents. Tea or Tablets. S. R. Biggs, Williamston, and Nelson & Hargrove, Robertsonville.

A Harvard instructor has been arrested on the charge of murdering his wife. Scarcely the man we should say, for son Theodore to sit under.

See that your druggist gives you no imitation when you ask for Kennedy's Laxative Honey and Tar, the original Laxative cough syrup. S. R. Biggs.

To show that work on the Panama Canal is really beginning in earnest, they are hauling 20,000 cars of cement down there. We hope to goodness they stick to it.

Why take a dozen things to cure that cough? Kennedy's Laxative Honey and Tar allays the congestion, stops that tickling, drives the cold out through your bowels. Sold by S. R. Biggs.

"THERE'S A CURE FOR RHEUMATISM!"

Not the mere temporary relief that the old "remedies" gave, not the little help that the doctor's prescriptions give; but **ABSOLUTE AND COMPLETE CURE.** That is what Rheumacide does. Rheumatism is caused by an excess of uric acid in the blood. It is an internal disease and requires a strong and vigorous internal remedy that will cleanse the blood of all its germs and yet act through such natural methods that it builds up the entire system.

SWEEPS ALL POISONS OUT OF THE BLOOD.

Rheumacide
GETS AT THE JOINTS FROM THE INSIDE

CURES TO STAY CURED.

Different from any other remedy. The result of the latest scientific discoveries. At the same time it cures Rheumatism it sweeps out of the blood the germs of all other blood diseases, and cures Indigestion, Constipation, Catarrh, Kidney and Liver Troubles, La Grippe and Contagious Blood Poisons.

CURED AFTER 16 YEARS.

Baltimore, Dec. 10th.
For 16 years I have suffered terribly with Rheumatism. I was treated by leading physicians but got no relief. Long since I despaired of ever being well again. But hearing of RHEUMACIDE, I decided to give it a trial. I have taken two bottles, and, thanks to this wonderful medicine, I now feel that I have gotten a "new lease on life." Every vestige of the disease has been driven from my system.
MRS. LAURA D. GARDNER,
1301 James St., Baltimore.

Sample bottle and booklet FREE if you send five cents for postage.

BOBBITT CHEMICAL CO., Prop's, BALTIMORE, MD.

Sold by S. R. Biggs

A Happy Home

To have a happy home you must have children, as they are great happy-home makers. If a weak woman, you can be made strong enough to bear healthy children, with little pain or discomfort to yourself, by taking

WINE OF CARDUI
Woman's Relief

It will ease away all your pain, reduce inflammation, cure leucorrhea (whites), falling womb, ovarian trouble, disordered menses, backache, headache, etc., and make childbirth natural and easy. Try it. At every drug store in \$1.00 bottles.

WRITE US A LETTER
freely and frankly, telling us all your troubles. We will send free advice (in plain sealed envelope). Address: Ladies' Advisory Dept., The Chattanooga Medicine Co., Chattanooga, Tenn.

"DUE TO CARDUI"
and nothing else, is my baby girl, now two weeks old," writes Mrs. J. P. West, of Webster City, Iowa. "She is a fine, healthy babe and we are both doing nicely."

Dennis S. Biggs, Pres. & Treas. T. W. Tilghman Gen. Mgr. Asa T. Crawford, Sec.

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BEWARE OF IMITATIONS of FOLEY'S HONEY AND TAR

On account of the great merit and popularity of FOLEY'S HONEY AND TAR for Coughs, Colds, and Lung Trouble, several manufacturers are advertising imitations with similar sounding names with the view of profiting by the favorably known reputation of FOLEY'S HONEY AND TAR.

DO NOT BE IMPOSED UPON

We originated HONEY AND TAR as a Throat and Lung Remedy and unless you get **FOLEY'S HONEY AND TAR** you do not get the original and genuine.

Remember the name and insist upon having FOLEY'S HONEY AND TAR. Do not risk your life or health by taking imitations, which cost you the same as the genuine.

FOLEY'S HONEY AND TAR is put up in three sizes—25c, 50c and \$1.00.

Prepared only by **FOLEY & CO., 92-94-96 Ohio Street, Chicago, Illinois.**

SOLD AND RECOMMENDED BY S. R. Biggs, Williamston, N. C.