# AUTOMATICALL

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 Be-tween Twenty and Thirty a Crit-leaj 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 and by fashioning a man completely over again, as to most of the possibilities of his conduct.

Biderless cavairy horses at many a battle have been seen to come to-gether and go through their custo-mary evolutions at the sound of the bugle call. Most domestic beasts m machines almost pure and simundoubtedly, unhesitatingly ple, undoubtedly, unnestatingly in ing from minute to minute the duties they have been taught, and giving no sign that the posibility of an alternative ever suggests itself to

If the period between twenty and thirty is the critical one in the foral habits, the period below twenty is more important still for the fixing of personal habits, properly so called, such as vocalization and proinciation, gesture, motion and ad dress.

Hardly ever is language learned after twenty spoken without a foreign accent; hardly ever can a youth transferred to the society of his bet ters unlearn the nasality and other vices of speech bred in him by the asociation of his growing years. Hardiy ever, indeed, no matter how much money there be in his pocket, can be ever learn to dress like a gentleman born. The merchants offer their wares as eagerly to him as to the veriest "swell," but he simply canot 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 edu-cation is to make our nervous sys-tem 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 use ful 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

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 VO.K. There is no more miserable haman being than one in whom noth-ing is habitual but indecision, and whom the lighting 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 metters which ought to be so in **exist for h**is consciouses 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 an mirable 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. Ac-cumulate all the possible circum-stances which shall re-enforce the right motives; put yourself assidu-ously in conditions that encourage ously in conditions that encourage the new way; make engagements in compatible with the old; take a pub lic pledge, of the case allows; in short, envelop your resolution with 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, cir-culatory system and kidneys.

physicians.

ends.

tation.

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good type-setter?

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ions.

who.you're married to.

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A good complexion is impossible

with the stomach out of order. If

From the nature of his habits the 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 in-fection is very low. Freedom from prolonged muscular strain and high blood tension concently successful blood tension apparently saves him from arteriosclerosis, but suicide claims many, and so do the drug hab-

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

A torpid, inactive liver can pro-

luce more bodily ills than almost

the liver up, and get into shape generally. The best results are

derived from the use of DeWitt's

Little Early Risers. Reliable, ef-

fective, pleasant pills with a repu-

Secretary Taft insists that the type of canal to be built at Pana-

Never gripe. Sold by S.

the system out occasionally.

work, which prevents rest.

its acquired by the nervously exhaust-ed. It has been said that three-fourths of French morphine users are The cause of the physician's early death is evidently the excassive ner-vous expenditure insufficient rest and

Stir

defective nutrition, inseparable from his calling, with its broken and re-stricted sleep, irregular hours of work, rest and meals, the worry when "Live green turtle fetches, whole work, rest and meals, the worry when lives depend upon his judgment and the lack of a day of complete relaxa-tion in each week. The physician who sees his patients every day in the week, mouth after month, and cannot learn to forget them when he goes home, merely burns the candle at both ends. He violates the law observed by

a tight turtle market the chefs of mil-licenties and of certain extravagant hetels have offered me \$1 a pound for live turtle. At that rate your callp and calipash would come to quite \$50 a pound, wouldn't it?" He led the way to a basement, dark,

waim, dry. Here drowsed a number of coordious green turtles, and in several heavy cases lay heaps of what looked like crisp, curly pieces of glue. anything else. It is good to clean find

han ag big turtles?" Not often. under bit my foreman's The fellow has sued me for damoff. ages. be muzzled. He says elevators and dingerous machines have guards, and

turtles. But that is nonsense

ma must be settled at once. Well where's the difficulty ? Can't Public Printer Stillings, out of 4,000 employees spare the Secretary one pain? The quick relief which Have you weakness of any kind stomach, back, or any organs of the body? Don't dope yourself only for a short relief from suffer with ordinary medicine. Hollis-ter's Rocky Mountain is the supreme curative power. 35 cents Tea or Tablets. S. R. Biggs, Wil Leggett, of Yum Yum, Tennessee iamston, and Nelson & Hargrove S. A., writes. "I am a great

Leading divorce colonies register the complaint that in these days it s well nigh impossible to know by S. R. Biggs.

season for mint julips is now on.

Mr. B. C. Waiuwright, of Lemon City, Fla., has written the manu facturers that much better re-ults are obtained from the use of Chamberlain's Colic, Cholera and Diar-rhoea Remedy in cases of pains in the stomach, colic and cholera morbus by taking it in water as hot as can be drank. That when taken in this way the effect is double in rapidity. "It seems to

For sale by S. R. Biggs. says. the cold, but they give no sign o

sprinkling man at least \$9. Deaths from Appendicitis

No, Eustace-the Dewey report ed at the Suez Canal is not the ad-miral. It is the Dry Dr. less release from constipation and Fortunate Missourians the ills growing out of it. "When I was a druggist, at Li-vonia, Mo.," writes T. J. Dwyer, Guaranteed by S. R. Biggs, Drugnow of Graysville, Mo., "three of gist. 25c. Try them. my customers were permanently cured of consumption by Dr. King's

Green Turtles Expensive. "The firsh of the green turtle often brings \$50 a pound," said an oy er dealer. "This rich meat comes to us

from the coral reefs of the We dies "The turtles are caught in net among the rocks. They are very care fully brought north. They are deck parsengers at first, but as the weathdeck pa sengers at mist, but as the weak-er grows cold with the ship's pro-gress 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 noils them fast to the deck by their dimens. Strange creatures that

their flippers. Strange creatures that they are, they appear to suffer little under such cruel treatment.

"The callpee and callpash are re-spectively the fiesh from the breast and the back of the green turtle, tid-bits, which, I have heard epicures say, are unequalled in the earth beneath the neavens above or the waters under the earth. This meat is superlatively

sale, 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 cal-fish you'll only get two pounds of cal-ticos and one of calipash. "Several times when there has been

"That, said the dealer, "is the

you ever have accidents in last month, though, a He claims the turtles ought to the muzzles would be the guards of the

Why Suffer from Rheamatism

Wby suffer from rheumatism when one application of Chamber 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 ing have been happily surprised to find that after a while the relief became permanent Mrs. V. H.

sufferer from theumatism, all over from head to foot, and Chamber lain's Pain Balm is the only thing that will relieve pain." For sale

Kentucky reports that the open

## **A Good Suggestion**

pasty sallow people would pay more attention to their stomachs and less to the skin on their faces, they would have obtier complex Kodol for Dyspepsia will digest what you eat and put your stomach back in right shape to do

get at the right spot instantly," he San Franciscans may suffer from

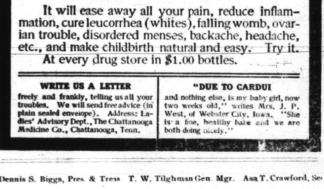
being troubled with cold feet.

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use of Dr. King's New Life Pills

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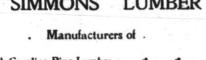
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its, one to two teaspooniuls in a livester, after meals and at bedtime

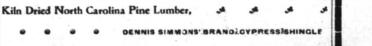
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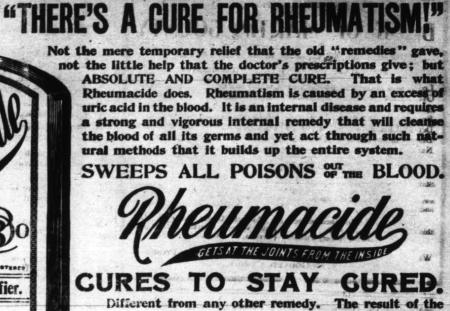
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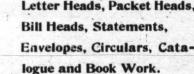
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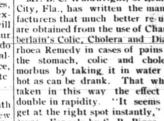
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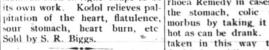


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#### every aid you know

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

The second maxim is: Never suffer an exception to occur till the new hibit is securely rooted in your life Each lapse is like the letting fall of Each lapse is like the letting tan or a ball of string which one is care fully winding up; a single slip un does more than a great many turn will wind again. Continuity of train ing is the great means of makin: is the great means of making nervous system act infallibi right

For a painful burn there is noth ing like DeWitt's Witch Haze Salve. There are a host of imit tions of DeWitt's Witch Hazel Salve on the market—see that you get the genuine. Ask for Te Witt'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.

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could not bring as much happiness steam is made that keeps up your cars of cement down there. to Mrs. Lucia Wilke, of Caroline, vitality, health and strength. Ko-Wis., as did one 25c box of Buck-dol digests what you eat. Makes

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sell his property and move to Ari-zona, but after using New Discov-ery a short time he found it un-It pours the oil of life into your necessary to do so. 1 regard Dr. system. It warms you up and starts the life blood circulating King's New Discovery as the most Throat and Lung healer. Guar-inteed by S R. Biggs, Druggist. liamston, and Nelson & Uar-soc and \$1. Trial bottle free

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under. It is possible to obtain relief from

chronic indigestion and dyspepsia by the use of Kodol for Dyspepsia See that your druggist gives you no imitation when you ask tor Some of the most hopeless cases of Kennedy's Laxative Honey and long standing have yielded to it. It enables you to digest the food Tar, the original Laxative cough syrup. S R. Biggs.

you eat and exercise a corrective influence, building up the efficien-To show that work on the Pancy of the digestive organs. The ama Canal is really beginning in stomach is the boiler wherein the earnest, they are hauling 20,000

We Ko- hope to goodness they stick to it.

Wis., as did one 25c box of blck-len's Arnica Salve, when 'it com-pletely cured a running sore on her leg, which had tortured her 23 long vears. Greatest antiseptic healer of Piles, Wounds, and Sores. 25c at S. R. Biggs' drug store. Under the stomach sweet—puts the boiler from digestive disorders, and puts icel your best. Sold by S. R. Biggs. Why take a dozen things to cure that cough? Kennedy's Laxative Honey and Tar allays the conges-tion, stops that tickling, drives the cold out through your bowels. Sold by S. R. Biggs.

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