

FEEL ALL USED UP?

Does your back ache constantly? Do you have sharp twinges when stooping or lifting? Do you feel all used up—as if you could just go no further?

Kidney weakness brings great discomfort. What with backache, headache, dizziness and urinary disturbances it is no wonder one feels all used up.

Doan's Kidney Pills have cured thousands of just such cases. It's the best recommended special kidney remedy.

A Vermont Case

"Every Picture Tells a Story." James M. Tracy, Pleasant St., Middlebury, Vt., says: "I had kidney trouble for twenty years. Inflammation of the bladder nearly drove me frantic. The pains across my back were terrible. I was so helpless I could hardly walk. After doctors failed, Doan's Kidney Pills completely restored me to good health."

Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

The largest proportion of suicides in European countries is the found in Germany.

We know of no liniment that equals Hanford's Balsam in its healing properties. Adv.

Its State.

"Don't you think the ideal of an Indian opera is original?"
"I should call it aboriginal."

For SUMMER HEADACHES

Hick's CAPUDINE is the best remedy—no matter what causes them—whether from the heat, sitting in draughts, feverish condition, etc. 50c, 25c and 50c per bottle at medicine stores. Adv.

The Way of It.

"Miss May made a hit with Jack the first glance she gave him."
"I see—a sort of glancing blow."

Summer Annoyances

Such as prickly heat, ivy poisoning, insect bites and offensive perspiration are quickly relieved by applying Tyree's Antiseptic Powder. 25c. at druggists or write J. S. Tyree, Washington, D. C., for free sample.—Adv.

"A Man, My Son."

The fellow who acquires the physical strength to handle a big plow and to manage a mule; who learns to love an honest furrow; who gets the moral courage to kill grass, in spite of the shade trees that invite him, and who can be patient, realizing that he is becoming, day by day, a real man, has a thousand things more to thank God for than the fellow who hasn't the physical strength to carry a walking cane unless one end of it is in his mouth; who hasn't learned to draw a line without a straight edge to go by; who hasn't the moral courage to get out of bed before 10 a. m. and who is impatient because he thinks the "governor" is too hard on him.—Atlanta Constitution.

Would Make It Right.

He was an ardent lover, an Irish lover and a practical penniless lover. It was St. Patrick's eve and in his hand he bore a pot of real Irish shamrock.

"They were raised on the old sod," he said, as he presented the pot to Biddy, "raised on the old sod of Ireland."

"Sure, now, Murphy," cried his lady in delight, "how really sweet of ye. How perfect they are and how fresh. Sure, I do believe that there's a little dew on 'em yet."

Murphy flushed slightly. "Begorra, I know there is," he reluctantly confessed Murphy, "but praise heaven it'll be paid tomorrow."

LIGHT BREAKS IN Thoughtful Farmer Learns About Coffee.

Many people exist in a more or less hazy condition and it often takes years before they realize that tea and coffee are often the cause of the cloudiness, and that there is a simple way to let the light break in.

A worthy farmer had such an experience and tells about it, in a letter. He says:

"For about forty years, I have had indigestion and stomach trouble in various forms. During the last 25 years I would not more than get over one spell of bilious colic until another would be upon me.

"The best doctors I could get and all the medicines I could buy, only gave me temporary relief.

"Change of climate was tried without results. I could not sleep nights, had rheumatism and my heart would palpitate at times so that it seemed it would jump out of my body.

"I came to the conclusion that there was no relief for me and that I was about wound up, when I saw a Postum advertisement. I had always been a coffee drinker, and got an idea from the ad. that maybe coffee was the cause of my trouble.

"I began to use Postum instead of coffee and in less than three weeks I felt like a new man. The rheumatism left me, and I have never had a spell of bilious colic since.

"My appetite is good, my digestion never was better and I can do more work than before for 40 years.

"I haven't tasted coffee since I began with Postum. My wife makes it according to directions and I relish it as well as I ever did coffee, and I was certainly a slave to coffee."

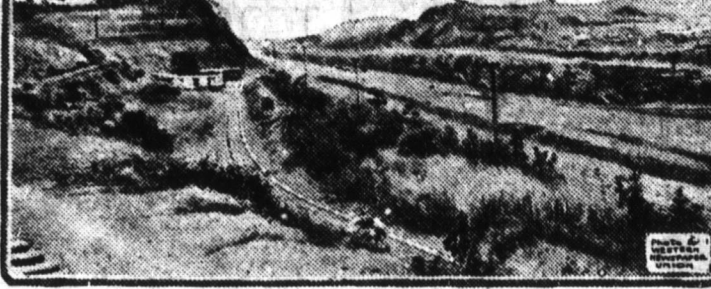
Name given by Postum Co., Battle Creek, Mich. Write for copy of the little book, "The Road to Wellville."

Postum comes in two forms: Regular Postum—must be well boiled. Instant Postum is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with the addition of cream and sugar, makes a delicious beverage instantly.

"There's a reason" for Postum.

PASSING of the PANAMA RAILWAY

BY E. W. PICKARD



CULEBRA CUT From the Railway

Colon, C. Z.—With the completion of the Panama canal the importance of the Panama railway will decline almost to the vanishing point.

For nearly sixty years this railway has been carrying people and freight from ocean to ocean. Though only 47 miles long, it has been, for certain periods, one of the most important and most interesting railroad lines in the world. During the building of the canal, under the ownership of the United States, it has become one of the best equipped and most efficient of railways. It has given great help in the construction of the canal that will prove its virtual death.

The finding of gold in California was the cause of the building of the Panama railroad. For long years before the wild rush of argonauts in 1849 the isthmus was almost forgotten by the civilized world, but when the yellow metal was discovered on the west coast it became once more a great trade route. In order to avoid the long trip across the plains in "prairie schooners," thousands of gold-seekers went by boat to Chagres, up the Chagres river to Gorgona or Cruces and thence over the old Spanish road to Panama. This, too, was a long route and in the rainy season a painful and dangerous one because of the prevalence of disease.

To the rescue of the gold hunters came three bold Americans, W. H. Aspinwall, Henry Chauncey and John L. Stevens. In 1848 these men had asked the government of New Granada for a concession for the road, and in 1850 Stevens obtained it at Bogota. The Pacific terminus could not be otherwise than at Panama, but at first the harbor of Porto Bello was selected for the Atlantic terminus. However, a New York speculator spoiled this plan by buying up all the land about the harbor and holding it at a very high price, so Navy Bay was chosen instead.

When work on the line was begun in May, 1850, there was no celebration, no turning of the first spadeful of earth with a golden shovel.

Two Americans with a gang of Indians landed on Manzanillo island, now the site of the city of Colon, then a desolate, uninhabited spot, and began the tremendous task of clearing the route through the dense jungle. The surveying party suffered intensely, for the land was so swampy and so infested with malaria and yellow fever bearing mosquitoes that they were compelled to sleep aboard a ship. Much of the time they carried their lunches tied on their heads and ate them standing waist-deep in the water.

The efforts of the company to obtain laborers were attended by a terrible tragedy. Eight hundred Chinese were brought over from Hong Kong, but within a week of their landing scores of them died. Opium was given the survivors and for a short time checked the ravages of disease. But the supply of the drug was shut off on account of its cost, and again the deaths became numerous. The poor Orientals in despair began to commit suicide, some by hanging, others by impalement, while some deliberately sat down upon the seashore and waited for the rising tide to overwhelm them. In a few weeks scarce two hundred were left, and these, broken in health and spirits, were sent to Jamaica.

Another shipload of laborers, this time from Ireland, met no better fate, for nearly every man died.

The material difficulties that confronted the railway builders are thus summarized by Tomes in his "Panama in 1855": "The isthmus did not supply a single resource necessary for the undertaking. Not only the capital, skill and enterprise, but the labor, the wood and iron, the daily food, the clothing, the roof to cover and the instruments to work with came from abroad. . . . Most of the material used for the construction of the road was brought from vast distances. Although the country abounded in forests, it was found necessary, from the expense of labor and the want of routes of communication, to send the timber for the most part from the United States, and not only were the rails, to a considerable extent, laid on American pine, but the bridges, and the houses and workshops of the various settlements were of the same wood, all fashioned in Maine and Georgia. The metal work, the rails, the locomotives and the tools were brought either from England or the United States. The daily food of the laborers, even, came from a New York market."

The first section of the road was laid through a mangrove swamp in which no bottom was found, the tracks being floated on an immense pontoon. By October, 1851, eight miles had been completed and solid ground was reached at Gatun. Lack of funds now began to hamper the builders. In-

vestors in the states had become discouraged and the cost of labor had advanced. But a hurricane came to the rescue. Two ships loaded with gold-seekers were forced to anchor near Manzanillo island and the passengers paid the company a handsome sum to carry them to Gatun in work cars. The news that the road had carried more than a thousand passengers reached New York and funds again flowed into the coffers of the company.

As the work progressed passengers were hauled longer and longer distances and before the line was completed the receipts from passengers and freight were considerably above \$2,000,000. The last rails were laid the night of January 27, 1855, and the next day the first train passed clear across the isthmus from the Atlantic to the Pacific. The entire cost of the road up to December 31, 1858, had been something less than \$8,000,000 and its gross earnings in the same time were a little more than that sum.

The rate across the isthmus was put at \$25 gold, being intended to be to a certain extent prohibitive until they could get things into good running order, but so great was the volume of travel that the rate was not reduced for more than twenty years. Soon after its opening the road began to declare 24 per cent. dividends, and at one time its stock went up to 350.

In the '60's the company fell on hard times. It lost much of its freight traffic, was held up by the politicians in Bogota and then suffered by the completion of the Union Pacific railroad. Next Russell Sage and others like him got control of the directors and wrecked the road. When de Lesseps came over to dig a canal his company bought up the stock and used the road to help in its work.

Then in 1904 the United States bought out the French company and also acquired the railway and so it became the first American road to be owned by the government. So economically and efficiently has it been conducted since then that it is cited as an argument for the government ownership of all our railways.

The building of the canal and especially the creation of the artificial Gatun lake made necessary the relocation of the Panama railroad along west of its route. The old roadbed now is under water for much of the way, the old line still in use being only about seven miles in length, from Colon to Mindi and from Corozal to Panama. From Mindi to Gatun the grade ascends to 95 feet above tide level. From Gatun the road runs east until it is four and a half miles from the canal, and then south again on great embankments across the Gatun valley.

Along this stretch passengers obtain an unusual view. Because of the construction of the Gatun dam across the channel of the Chagres river, the Chagres valley and all its tributary valleys have been converted into a lake with an area of about 164 square miles. The Gatun valley is one of these drowned arms and as the train crosses, wide stretches of water are to be seen on both sides of the track. Down below the surface are still visible the tops of giant trees that have been killed by submergence, and along the edges of the lake the tallest and hardest of the trees reach their dead limbs above the waters. Here and there is a pretty little island that not long ago was the summit of a hill, and the shore line is most picturesque broken up by capes, peninsulas and bays.

From Monte Lirio the line skirts the shore of the lake to the beginning of the Culebra cut at Bas Obispo. Originally it was intended to carry the railroad through the Culebra cut on a 40-foot beam along the east side, ten feet above water level, but this plan was knocked out by the slides and breaks. The line was carried around Gold Hill to a distance of two miles from the canal until it reached the Pedro Miguel valley, down which it runs to Paraiso and the canal again. Thence it runs almost parallel with the channel to Panama. There are two big steel bridges on the line. One, near Monte Lirio, has a center lift span to permit access to the upper arm of Gatun lake; the other, a quarter of a mile long, across the Chagres river at Gamboa. The total cost of building the new line of the railway was \$8,866,392. In addition, a large sum has been expended in increasing the terminal facilities.

Of course, even after the canal is opened, the railway will have a good deal of business, transporting people and goods between Colon and Panama, and serving the needs of the operating forces of the canal. But its days of glory have departed, and J. A. Smith, the American who has been its efficient general superintendent, recognizing that fact, has resigned and returned to the states.

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Director of Evening Department, The Moody Bible Institute, Chicago.)

LESSON FOR SEPTEMBER 7

THE TEN COMMANDMENTS.

LESSON TEXT—Ex. 20:1-17. GOLDEN TEXT—"Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind."—Luke 10:27.

The decalogue divides itself into two parts; the first has to do with man and his relations to God, the second deals with man and his relations with men. We consider today the first part. From Deut. 5:22, 23 we learn that the words of these eternal principles were spoken to the whole assembly from the midst of the burning mountain and that they stand apart from the Mosaic law. It was God himself who spoke (v. 1) to this redeemed people (v. 2). Afterwards he wrote them with his own finger on tablet of stone, Deut. 5:22. This law was done away with in Christ (Col. 2:14, 16, 17; 2 Cor. 3:7, 11) but nevertheless each one of these commands, excepting the fourth is reiterated in the New Testament, emphasizing the eternal fixedness of their principles. The principle of a day of rest one day in seven has not, however, been set aside, as we shall see hereafter. The purpose of the law is to bring to men the knowledge of sin and thereby to lead them to Christ, Rom. 5:20, 7:7, 13; Gal. 3:10, 24. John the beloved, tells us "that his commandments are not grievous." Men who understand the spirit of the decalogue know that every commandment tends to make better citizens, better parents, better children, in fact to enable one to live satisfactorily with himself and his neighbors and his God.

Pinnacles of Thought.

I. The First Commandment, vv. 1-3. Instinctively one thinks of two other pinnacles of religious thought, "In the beginning God," Gen. 1:1, and the first two words of the disciples' prayer, "Our Father," Matt. 6:9. Eternity alone can furnish us a measurement sufficiently great to enable us fully to comprehend the fulness of this thought. God the creator, law giver, father. In the beginning, at this mountain and in his son, teaching us of his character. Up to this time everything had been done for the Israelites. Hereafter they must keep the law in order to obtain life, Rom. 10:5; Gal. 3:12. In this Gospel dispensation we obtain life as an enabling agent whereby to perform or to keep the law, Eph. 2:1, 8-10. The Christian's higher law is Christ himself, inasmuch as the righteousness of the law is fulfilled in the Christian who walks after the spirit, Rom. 8:4. The foundation of all of this is to "have no other gods before (or beside) me," Matt. 4:10.

II. The Second Commandment, vv. 4-6. This is negative in that we shall not attempt any visible representation or likeness of God, and positive in that we shall not bow down in worship nor serve any such likeness. The wisdom of this is only too evident when we carefully study the degeneracy of all forms of heathen religion. The creation of man's hands is worshiped in lieu of the creature supposed to be represented. God did sanction images, Ex. 27:7, 17-20; 1 Kings 7:25. The service of art in the matter of religion is freely acknowledged but nevertheless it is attended by grave danger as is evidenced by Roman Catholic observances in many parts of the world. True worship must be in spirit the God who is spirit, John 4:24; Phil. 3:3. He must be supreme in our hearts and our affections. The perpetuity of either blessing or curse for the observance or violation of this edict may at first seem to be rather harsh. Yet we must consider that posterity is the continuation of one's self. We do what our fathers did, Heb. 7:9, 10. God has however made a merciful provision whereby we may turn the misery of sin into a blessing, Ez. 18:2, 19, 20 and Rom. 6:28. Let us rather emphasize the converse of this law of heredity, viz., that the blessing is likewise perpetuated, "to a thousand generations," Deut. 7:9; Ps. 105:8; Rom. 11:28, 5:20. Must Be Sincere.

III. The Third Commandment, v. 7. Here is demanded absolute sincerity by all in the use of the divine name and thus forbids all forms of blasphemy. This covers much more than ordinary vulgar profanity. The flippant and sacrilegious use of divine terms and phrases; the use, whether in prayer or praise of divine names and expressions which are not a part of our life experience is a form of blasphemy. Vain, empty, false usage of God's name is blasphemous. A proper reverence towards God is fundamental to any true love for God.

IV. The Fourth Commandment, vv. 8-11. Attention has been called to the fact that nowhere does it say the seventh day of the week, though that is what the Israelites observed. This is the Sabbath of Jehovah. While this was specially designated for the Jew, (Deut. 5:1, 12, 15), and not literally binding upon the Christian (Col. 2:16, 17), yet it has underneath it a great, wise and beneficent principle, man's need for rest one day in seven. Physically and nervously he needs rest and quiet; spiritually he needs the rest and refreshment thus provided. It was a merciful provision for man.

CHOSE LESSER OF TWO EVILS

Theatrical Manager, Cornered, Yielded Passes When Threatened With a Distressing Affliction.

A poet with a precious scrap-book of his own writings under his arm wandered by a theater, when suddenly the idea struck him that he would like to see a play that night, so entering the place he asked for the press agent. That gentleman was out, but the manager was in. He was ushered in, and the deus ex machina inquired his business. "I would like two seats for tonight," faltered the man of verse. "An' who might you be?" asked the manager. The poet mentioned his name. "Um, yes," smiled the other, "I've heard of you, but why should I give you seats?" The bard murmured something about courtesy to the press, and added that probably identification might be necessary, so, as he had a scrap-book of his published poems, he would be glad if— But the manager cut him short, and calling out to his secretary to make out a couple of passes for that night, said: "My dear sir, I'd rather give you the whole house than read your poems!"

Eliminating Mr. and Mrs.

A correspondent of the London Daily Citizen suggests that the unnecessary and unpleasant prefix "Mr." should be eliminated from the super-script of letters.—The derivation of this prefix was one of the penalties enforced in our American colonies during the seventeenth century. The records of Massachusetts show that in 1680 Josias Plastowe was condemned "for stealing four baskets of corn from the Indians, to return them eight baskets again, to be fined £5, and hereafter to be called Josias, not Mr., as he used to be." The Massachusetts penal code also provided for docking women of the prefix of Mrs., but there is no record of this clause having been enforced.

OFFICER CARROLL CURED OF BAD CASE OF ECZEMA

He writes from Baltimore as follows: "I am a police officer and had long suffered from a bad case of Eczema of the hands and had to wear gloves all the time."

"I was under treatment by eminent physicians for a long time without success. Last summer Hancock's Sulphur Compound and Ointment were recommended to me and my hands improved on the first application. After a week's trial I went to the Johns Hopkins Hospital to have my hands treated with X-Rays. Under their advice, I continued to use your Sulphur Compound and Ointment for 6 or 8 weeks, and at the end of that time my hands were cured. I cannot recommend your preparations too highly." (Signed) John T. Carroll.

Hancock's Sulphur Compound and Ointment are sold by all dealers. Hancock Liquid Sulphur Co., Baltimore, Md.—Adv.

Also Had Time to Think.

"What is it that you have never married?"

"When I was a boy my father and others who possessed the benefit of experience, advised me not to marry until I had saved up at least \$10,000."

"Haven't you ever been able to save that much?"

"Yes; but a fellow learns such a lot while he is saving \$10,000."

Important to Mothers. Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fletcher* in Use For Over 30 Years.

Children Cry for Fletcher's Castoria.

"It takes a wife with true faith to brag about her husband's ability, even when she doesn't believe in it herself."

RUB-MY-TISM

Will cure your Rheumatism and all kinds of aches and pains—Neuralgia, Cramps, Colic, Sprains, Bruises, Cuts, Old Sores, Burns, etc. Antiseptic Anodyne. Price 25c.—Adv.

Nearly everybody in a small town pretends to despise an amateur show—yet nearly everybody goes.

DOES YOUR HEAD ACHE?

Try Hicks' CAPUDINE. It's liquid—pleasant to take—effects immediate relief—good to prevent Sick Headaches and Nervous Headaches also. Your money back if not satisfied. 10c., 25c. and 50c. at medicine stores. Adv.

A theory is anything that is easier to preach than to practice.

Keep Hanford's Balsam in the stable. Adv.

The love of money proves that the world is full of rosters.

WHENEVER YOU NEED

A GENERAL TONIC - TAKE GROVE'S

The Old Standard Grove's Tasteless chill Tonic is Equally Valuable as a General Tonic because it Acts on the Liver and Drives Out Malaria, Enriches the Blood and Builds up the Whole System. For Grown People & Children.

You know what you are taking when you take Grove's Tasteless chill Tonic as the formula is printed on every label showing that it contains the well known tonic properties of QUININE and IRON. It is as strong as the strongest bitter tonic and is in Tasteless Form. It has no equal for Malaria, Chills and Fever, Weakness, general debility and loss of appetite. Gives life and vigor to Nursing Mothers and Pale, Sickly Children. Moves Biliousness without purging. Relieves nervous depression and low spirits. Arouses the liver to act and purifies the blood. A True Tonic and sure appetizer. A Complete Strengthening. No family should be without it. Guaranteed by your Druggist. We mean it. 50c.

WOMAN IN TERRIBLE STATE

Finds Help in Lydia E. Pinkham's Vegetable Compound.

Bellevue, Ohio.—"I was in a terrible state before I took Lydia E. Pinkham's Vegetable Compound. My back ached until I thought it would break, I had pains all over me, nervous feelings and periodic troubles. I was very weak and run down and was losing hope of ever being well and strong. After taking Lydia E. Pinkham's Vegetable Compound I improved rapidly and today am a well woman. I cannot tell you how happy I feel and I cannot say too much for your Compound. Would not be without it in the house if it cost three times the amount."—Mrs. CHAS. CHAPMAN, R. F. D. No. 7, Bellevue, Ohio.



Because your case is a difficult one, doctors having done you no good, do not continue to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial. It surely has remedied many cases of female ills, such as inflammation, ulceration, displacements, tumors, irregularities, periodic pains, backache, and it may be exactly what you need.

The Pinkham record is a proud and peerless one. It is a record of constant victory over the obstinate ills of woman—ills that deal out despair. It is an established fact that Lydia E. Pinkham's Vegetable Compound has restored health to thousands of such suffering women. Why don't you try it if you need such a medicine?

Why Scratch?



"Hunt's Cure" is guaranteed to stop and permanently cure that terrible itching. It is compounded for that purpose and your money will be promptly refunded WITHOUT QUESTION if Hunt's Cure fails to cure itchy, Eczema, Tetter, Ring Worm or any other Skin Disease. 50c at your druggist's, or by mail direct from the manufacturer, only by A. B. RICHARDS MEDICINE CO., Sherman, Texas

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