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FRIDAY, OCT. 26, 1904.

The last week of the campaign. To-day work will do the work.

What is known as the "Herald's forecast" is always awaited with interest in campaign years. The New York Herald is meant, of course, and its prognostications usually have weight with those they favor.

ELECTION DAY DRAWS NIGH.

The registration books are closed for this campaign except for the few who are just becoming of age.

The Average Business Man Can Take All He Needs While Drizzling.

The beginning of the fall term of schools and colleges and the reorganization of teams of various kinds of strenuous intercollegiate and interscholastic contests has revived the interesting, if interminable, discussion as to what kind of exercise and how much of it is beneficial to the man, young or old, whose normal life is sedentary, and who takes exercise neither spontaneously nor for the pleasure of it, but perfunctorily and because he thinks it essential to his wellbeing.

The benefit of exercise depends largely upon the condition of the person taking it and his fitness to derive advantage from it. As one eminent physiologist and hygienist says: "If a man persistently overfills his blood and connective tissue with materials ingested greatly in excess of his requirements, exercise, especially if spasmodic and violent, and taken at irregular intervals, is likely to do him more harm than good."

It is safe to say that the average business man will get all the special exercise he needs if he takes it while dressing in the morning. For this purpose light dumbbells or Indian clubs (if he has room to swing them), or the chest weights, or even an elastic strip with handles, is all the apparatus he needs.

Mr. William Van Ness, a prominent young business man of Charlotte, died this yesterday afternoon of consumption.

Democratic Ticket.

- For President: ALTON B. PARKER, of New York. For Vice-President: HENRY G. DAVID, of West Virginia. For Governor: ROBERT B. GLENN, of Pennsylvania. For Lieutenant Governor: FRANCIS D. WINSTON, of South Carolina. For Secretary of State: W. A. HONNE, of Louisiana. For Treasurer: GEORGE H. BROWN, Jr., of Connecticut. For Comptroller: R. F. NEWMAN, of Cleveland. For State Auditor: ROBERT D. OLMER, of Maryland. For Superintendent of Public Instruction: J. T. JOYNER, of Oklahoma. For Commissioner of Labor and Printing: H. S. YANTER, of Delaware. For Commissioner of Agriculture: S. L. PATTERSON, of Caldwell. For Commissioner of Education: R. YATES WEBB, of Cleveland. For Presidential Elector: CHAS. BRENNER, of Mecklenburg. For County Clerk: G. F. MASON. For the House of Representatives: C. E. HUTCHINSON. For Sheriff: C. B. ARMSTRONG. For Recorder of Deeds: A. J. SMITH. For Treasurer: J. M. SHUFORD. For Surrogate: JACOB KIEHL. For Coroner: W. M. DAVIS. For Commissioners: R. E. DAVENPORT, J. W. HERRICK, O. G. JAMES, JNO. F. LINSFORD, I. O. ROLLAND.

PHYSICAL EXERCISE.

THE AVERAGE BUSINESS MAN CAN TAKE ALL HE NEEDS WHILE DRIZZLING.

The beginning of the fall term of schools and colleges and the reorganization of teams of various kinds of strenuous intercollegiate and interscholastic contests has revived the interesting, if interminable, discussion as to what kind of exercise and how much of it is beneficial to the man, young or old, whose normal life is sedentary, and who takes exercise neither spontaneously nor for the pleasure of it, but perfunctorily and because he thinks it essential to his wellbeing. The benefit of exercise depends largely upon the condition of the person taking it and his fitness to derive advantage from it. As one eminent physiologist and hygienist says: "If a man persistently overfills his blood and connective tissue with materials ingested greatly in excess of his requirements, exercise, especially if spasmodic and violent, and taken at irregular intervals, is likely to do him more harm than good."

EAST GASTON GOSSIP.

Gaston Wine Prizes at Mecklenburg Fair—Schools Soon to Open.

East Gaston, Oct. 21st.—The Mecklenburg county fair held in Charlotte is now over and a thing of the past, leaving Gaston county the victor as far as cash prizes won on stock exhibited. Once Open View Farms came to the front with more blue ribbons and spot cash to its credit than any other exhibitor.

Miss Etta Farrar and her sister, Miss Eunice, two of as handsome and well to do girls as are in East Gaston, attended the fair last week, and were the guests of their brother Laurence. Some members of almost every family in our section attended the fair last week, and all of them that we have heard say anything about it report having had a good time.

Col. David Alexander Lowe, one of the oldest citizens of Lincoln county, attended the fair and enjoyed himself just like the young folks did. Misses Otie and Elvira Hipp are visiting their sister Mrs. Dellinger, in Charlotte.

The weather is ideal for our farmers to gather their crops. But it is hard on those who want to sow their small grain. Most of the cotton is out and a great deal of it ginned and it has turned out very well. But the largest yield that we have heard of is that of Col. Abernethy's, his averaging over 42 lbs. of lint to the hundred lbs. of seed cotton.

Corn shuckings have been in progress for the last few weeks, and all report more rotten corn this year than was ever seen in one year before.

Our schools will soon open and we trust that none but good teachers will be employed and we hope they will devote their time to the teaching of children as closely as they would attend to their duties if employed at some business institution. As a rule our teachers are too indifferent and careless in their hours of teaching, and many of them get more pay than they earn, while many good ones are not paid enough, and right here we want to say that in our opinion teachers ought to be employed for their moral fitness. We do not think a whiskey drinker ought to be employed to teach children, nor do we believe an habitual smoker ought to be employed. We know of parents who are trying to rear up their children free from the habit of smoking, and at their homes they forbid the use of it, and for their children to have to go to school, and be educated by a teacher that sits by their side with an old pipe in his or her mouth, is an unjust imposition on civilized people and therefore we would be glad if our authorities would look into the moral habits of people making application to teach as well as to their educational qualifications. We are making progress in almost every line of industry in our country, and now let every one turn his attention to better training of children in our country.

GASTON LIVE STOCK WINS.

Big String of Prizes Brought Home from Mecklenburg Fair by the Open View Farm of Mr. E. L. Abernethy.

Table listing livestock prizes: First on brood mare with foal at foot \$10.00, Second on brood mare over four years old \$5.00, etc.

WE CANT HELP TALKING AND WRITING ABOUT OUR Young Men's Suits! They are perfection. The latest cuts, styles and fabrics are here. and the fit—you never saw such hugging collars, such graceful hanging fronts and skirts. At every point they show the master hand. Then, too, they wear so well. No complaints, all satisfied and happy. If you have not been buying of us, why not join the throng and be happy, too? Swan-Slater Co. OUTFITTERS FOR MEN AND BOYS.

PICTURE FRAMES! All my Mouldings are new and of the latest styles. My work is first-class. Attractive line of Art goods. The price is right. J. S. MULLEN. At Shuford's Studio. GASTONIA, N. C.

What do You Believe?

U. S. Real Estate Journal. Said Farmer Jones in a whining tone to his good old neighbor Gray: "I've worn my knees through to the bone but it ain't no use to pray." "Your corn looks just twice as good as mine though you don't pretend to be a saint in the church to shake. An' tell salvation's free." "I've prayed to the Lord a thousand times for to make that 'ere corn grow; but my pray's been to no use, I can't climb I'd give a good deal to know." "Said Farmer Gray to his neighbor Jones, in his quiet and easy way: "When prayers get mixed with lazy bones they don't make farmin' pay." "Your weeds, I notice, are good and tall, in spite of all your prayers; you may pray for corn till the heavens fall, if you don't dig up the tares." "I mix my prayers with a little toil, An' I work this mixture into the soil. Quite vigorous with a hoe." "An' I've discovered, though still in 'sin' that you are a son of a gun; this kind of compound will worked in, makes pretty decent corn." "So while I'm praying I use my hoe, and do my level best, to keep down the weeds along each row, and the Lord, He does the rest." "It's well to pray, both night and morn, as every farmer knows; but the chance to pray for thirty corn is right between your rows." "You must use your hands while praying, if an answer you would get, for prayer worn knees and a rusty hoe, never raised a big crop yet." "An' as I believe, my good old friend, if you mean to grow, you must be clean to the hilt, and you must hoe as well as pray."

Talking About Judge Shaw.

Senor Mazzantini is going to St. Louis and later to the City of Mexico. "In my day," he said, "I've slain over 3,000 bulls and have been injured at least ten times. Bullfighting is not near so cruel as prizefighting, nor is it in brutality to be compared with the Russo-Japanese war. I do not understand you Americans and it strikes me that it would be a good move if some of your citizens, instead of paying so much attention to cruelty to animals, would bestir themselves and organize a society for the prevention of cruelty to men."

How Many Will Vote in Gaston?

For best estimate \$25 in gold; next best \$15; next \$10. See "Election Money" on fourth page and subscribe to-day. A sample copy invites you to join our large and growing list.

Milk Stock For Sale.

I offer for sale, at a bargain, thirty-three thousand dollars worth of the Capps Cotton Mill Stock of Toccoa, Ga. This is controlling interest in practically new mill of 1,500 spindles, forty looms. Rents large enough for ten thousand spindles; twenty acres ground in suburbs of Toccoa, plenty wood, fine cotton section on Southern road. The owner wishes to retire from active business, also change his residence. The mill is equipped for hosiery yarn, sizes 8's to 24's. Wm. J. A. GLENN, Gastonia, N. C.

TUCKASEEGE FERRY.

Shortest and Straightest Route to Charlotte. Goods will be in unbroken on either side of the river. When going to and from Charlotte, come this way. W. F. SPRINGS.

JUST ARRIVED NEW CARLOAD OF Cement and Lime. THE PAGE COMPANY

THANKSGIVING IS Not Far Off and we are putting our big stores in complete readiness for this annual fall holiday. Activity prevails throughout every department of our establishment. Many new attractions are being added this week for the thanksgiving trade. We have just landed a big shipment of CHINA MATTING in all the new designs of this season and we are going to let it go at bargain prices. When you think of your Thanksgiving dinner, think of THOMSON COMPANY'S Our grocery department is always replete with everything necessary for the preparation of a sumptuous feast. Cranberries, Nuts, Raisins, Citron, in fact anything you want. THOMSON COMPANY, THE PEOPLE'S STORE. PHONES Grocery Dept. 46. Dry Goods Dept. 247.

The Substitute BY WILL N. HARBEN Author of "Abner Daniel," "The North Walk Mystery," Etc. IN THIS PAPER The Substitute, by Will N. Harben, the distinguished author's highest achievement and one of the best stories of American life ever written will be printed serially in this paper. DRAISE FROM THE CRITICS Decide by original motive and full of quaint folk portrayed with fidelity. A very human story that makes it a picture of real American life.—Brooklyn Eagle. A wholesome, well told story. The plot is fresh, many of the events unfolded come upon the reader as surprises and throughout the story is the racy vigor that results from a deep, true knowledge of the region depicted and the mental grasp to project it.—Literary Digest. The Substitute is a better book than Mr. Harben's greatly praised Abner Daniel.—Ellis Higginson in the Seattle Times. A sound, wholesome tale of North Georgia life with real realism and humor and character. It is as good as Mr. Harben's Abner Daniel and that is saying not a little.—Hamilton W. Mable in The Outlook.

The SUBSTITUTE Begins in THE GAZETTE November 15. Twice a week, \$1 a year.