## $=$

 L. C. Wagner, of Statesville, Want to be Collector and Change Headquarters. The Landmark announces. the candidineyof Mr. . . Wamger, of statesvile, for
the collecorship of internal



 f.r the legialature in 1902 and again in 1904
lie reecired $a$ large vote from outside .his party and ran abead of hist tifket.
The Obeerver is not tambitlows




 This is a very praticiall ivew of the case.
Many people linve Lusiness with the col-
 tremely inconvenient as the eeat of power.
II Mr. Wanger were made collecolot he
would bring the ofice somewhiere near the strong argument in his favor. He cerramily
hhs the busioens ganilicatios for the offlee
and


How Long do you Propose to Live?
 lave called fortu volumese of cominent, but
in all that has been writen, perhapes there
 Brisben Walkers editorian in te April
Cosmopolitan, "How Loug do yo Propese
to Live? 11 sums up in a few paragraphs the essence of the most approved medicaal
and
yhgenio eneching, and every
Progres
 constaniy, reiee for prolonging youlli. Says
Mr to Whis
Malker.

\section*{with no serimsus constitutuonal defectas stonald} y: lis body shoold be ens suple, as vigor| But uis means that it did Not tegin with |
| :--- |
| college training of tobazoomenoke and ber |


 tanchery, and, also, Lhe ail essential, that
the man should have been tuant how 1
live Not one collece protesoro in in do doze knows how. The oldr regime tanght $\theta$ reeek
nand Latio, but not 'How $e s$ Live.' The

 him so poor an opmion of the human heing.
"But what are the reles whlch wive pive long ifite, and, abive allt, that happiueas
wiinh eones of goon heathr Let me try
wenumerate sonie of them

## 

 ter enough up to keep a aupply of fresh athronghout. Without treat ail- - onoung o it-and plenty of sleep, neititer body ne mind can do its bast work


water
towel; nothing more is required.
one can do very well without even a tin
tub. The hand basin $\omega$ e every parto of the body, witit nothter trom the floor
". Thic bath is not a hot-water soapping
process. The yo of the esoap and the hot and leave it in a dry', unheanththtul condition. The bath should be of ootd water, to invig. thiorough drenching of the akiti: then
 towel it a whole gymnasium in titolf. There are a bundrea motions which exer-
ciea all sortu of mosele, atomach, back,

