GOOD BATHING RULES.

That Much Misunderstood Bracer the Cold Bath.

In a suggestive article on bathing, a doctor in the New York Evening Telegram gives some hints which should never be forgotten, and which are of interest to those who have long known them as well as to those who have not. Here are a few excerpts:

Should one feel chilled after a cold bath and the following hard rub, that person must realize that cold baths are bad.

"There is really no way I can suggest that a person can tell whether or not cold baths are good for them, except by the glow and bodily warmth that should follow. I think if the finger nails look blue and the body is covered with gooseflesh after the bath that it is too strenuous," says the physician.

As to the method of taking baths, I believe that a needle, shower or sponge bath is best, for few are strong enough to stand a plunge, and as to sitting or lying in a tub of cold water. I would say unhesitatingly that it is unwise, for it takes too much animal heat and results in a loss of energy that is unnecessary. Frequently those who are not strong enough to take a cold water bath as it comes from the spigot will find it immensely beneficial when a bag of salt is placed in the tub; or by taking the chill off with the addition of warm water, the bath will still be practically cold, for the temperature will be much cooler than the body.

"Cold baths should, as a rule, be taken only in the morning directly after rising, unless a person is very warm and wants a cold tub on a hot day, or, in a few cases of extreme fatigue. When very warm I would suggest that the individual wait until the perspiration was entirely dried on the body before getting into the water. For the shock to the nerves and the rapidity with which the blood is drawn to the surface of the skin by the cold is not good. The same rule applies to salt water bathing. And many persons who jump into the surf when very warm and covered with perspiration often wonder why they feel nauseated after they



EXCLUSIVE AGENCY

Studebaker Wagons, the 20 year kind.

Genuine Oliver Plows,

Columbus Buggies, standard of the world,

Planet, Jr., Implements, for farm and garden. Pittsburg Perfect Fencing, electrically welded,

every rod guaranteed, These high grade and reliable goods cost no more than worthless imitations.

Day & Tannahill Co., AUGUSTA GA.

WAGES ARE RAISED

Fall River Owners Concede a **Substantial Advance**

LARGE NUMBER ARE INCLUDED

About 45,000 Operatives are Bene-

fitted. Since First of Year 165,-000 Textile Operatives in New England Have Been Granted Increas-

Boston, Special.-An advance of 5 per cent in wages in the Cotton Mills in 30 or more cities, towns and villages of Southern Massachusetts and Rhode Island, went into effect Mon-

About 45,000 operatives are benefitted. Since the inception of the upward movement in mill wages early in the year, 165,000 textile operatives in New England States have had their pay advanced five to 14 per cent. Of the total number 110,000 work in the cotton mills, and about 55.000 in the woolen mills, and worsted plants.

All the cotton mills in Fall River increased their wages 10 per cent. a week ago, with the exception of the Fall River Jron Works Mills which were paying 10 per cent more than the other factories. This brought the weaving schedules to the basis which existed before the reduction of 1904. Today the Fall River Iron Works

NEWS IN SHORT ORDER RAILROAD HEAVILY FINEU

Interest Briefly Told.

The Russian Land Commission is deadlocked on the question of how the expropriation of land shall be carried

Disorders among the peasants in different parts of Russia are growing in pravity.

Emperor William of Germany visited King Haakon of Norway at Trondhiem.

China's volunteer soldiers are reaching a high state of efficiency. The steamer Fishren sank after collision with the steamer Langdale in

the British channel. With the tariff as the main issue, some interesting corollary issues are springing up to be fought out in the soming Congressional and Presiden-

tial campaigns. Some remarkable figures on the growth of the exports and imports of the United States in the last 10 years are given in an official monograph just issued.

The movement of New York brokers to establish direct connections with Washington is taken to mean a desire on their part to keep in touch with changes in the Administration's attitude toward the trusts and other financial interests.

Editor Henry Watterson predicts that the next tikets will be Roosevelt against Bryan and that the former will suffer a death blow to his amills which are controlled by M. C. D. bition from the anti-third-term sen-

Epitome of Current Happenings of Railroads Assessed Heavy Fines for Granting Rebates.

the orginal best,

Chicago, Special.-Judge Landis, in the United States District Court, sentenced the Chicago and Alton road recently convicted of granting illegal rebates at Kansas City, to pay a fine of \$20,000 on each of the two counts. John Faithern and Fred A. Wann, former officials of the road were sentenced to pay a fine of \$5,000 each, on two counts. The defendants were fined on two counts of the indictment containing ten counts. The specific chage on which they were convicted was that they had given to the Schwartchid and Sulzberger Co. a rebate of one dollar per car on all shipments from the Kansas City plant of the packing company. Judge Landis practically directed the jury to bring in a verdict of guilty. The attorneys for the railroad and individual defendants asked until time to show that the rebate Was not a sceret matter. The attorneys for the railroad said that they had not been able to bring witnesses into court to testify bccause the witnesses feared prosecution. The court in passing sentence said that he could see no extenuating recumstances in the granting of rebates. The defendants gave notice of appeal.

Vermont Woman Assaulted

Columbia, S. C., Special.-Monday morning about 2 a. m. Mrs. L. S. Chapin, a prominent lady of Manchester, Vt., was assaulted by a negro named

Faur Members of Family Are Butchered in Their Beds

AN AWFUL TRAGEDY

FIRE SET TO DESOLATED HOME

The Lyerly, His Wife and Two Vhildren Mudered as They Slept in Their Home by Unknown Hands.. Several Negroes Arrested for the Crime.

Greensboro, N. C.; Special.-One of the most horrible tragedies in the history of Rowan county occurred near Barber's Junction, about 40 miles from this city Saturday morning. Between tives thought that Jack Dillingham the hours of I and 2 o'cleok an unknown person or persons entered the home of Ike Lyerly, a well known farmer, while its occupants were asleep, killing Mr. Lyerly, his wife and two of the youngest children and fatally wounding the third:

The parents and the three children were asleed in the front room on the first floor, there being two elder daughters sleeping up stairs, who were numolested and were awakened the mob dispersed. by the smoke from below. The girls descended the stairs to awaken their father and mother. On reaching their room they beheld their father and mother and three youngest children lying on the bed, their heads were erushed and their faces badly dis-

The two older daughters, Mary and Addie, aged 18 and 16 respectively, managed to carry the dead bodies from the house and extinguish the flames. Then they ran to the nearest neighbor, W. B. Barbers, and told the story of the awful tragedy. There being ito officers of the law at this place, R. R. Mulliken, train dispatcher on duty at that hour, was notified and promptly wired the news to the sheriff at Salisbury, who started at once to the scene with bloodhounds and a posse of armed men. Bloodhounds were also sent from Winston-Salem to assist in the pursuit of the

Mr. Lyerly was a highly respected citizen and well connected and it is inconceivable that any one should have anything against him or his fam-

Three negro men and a negro wo-

band away to Mr. Files. Gillespie is described as a fussy negro. . One of the ladies told the officers

of a conversation that their father had with Dillingham, one of his hands. He had been after Dillingham for being trifling when the negro told him that he was going to leave and go to work at the saw mill. Mr. Lyerly answered! 'Yes, if you go there and work five days right Don't you know that burdens flee When met with simple song? straight along I will set you un This seemed to rile Dillingham, for he told some one that, except for the

cursing. Friday Mrs. Lyerly had trouble with Dillingham's wife, who was taken to task for leaving dirty water in a wash tub, which had been loaned to her. The negress became mad

reason that he lived on the old man's

place, he would have given him a

and his wife should be arrested.

Attack On Rowan Jail.

Salisbury, N. C., Special .- On Saturday night, just before midnight, a desperate attack by a leaderless mob was made upon the jail here with the purpose of tiealing summary punishment to the alleged murderers of the Barbers Juiction family. The officers allowed two committees of the ynchers to go through the jail and Laughin' drives yer ills away; see for themselves that the prisoners had been removed to Charlotte. Then The mischief's played by

The Margarita on Fire.

New York, Special.-The Clyde Line steamer Carib, from Georgetow: , | The mischief's played by and Wilmington, reports having sight ed the Uruguayan bark Margarita on fire at sea off the Delaware capes. The Margarita left Philadelphia July 3 bound to Halifax. There was no sign of life on board. The vessel was blazing flereely aft. From the main mast forward everything was untouched by fire. The crew were apparently taken off by a passing vessel.

Pharmacentical Association. Naraganset Pier, Special .- Sixty nem'ers of the Virginia Pharmaceutical Association arrived on their annual outing. On the way up from Norfolk a business meeting held on shipboard at which 60 new members were admitted. The Virginians entertained the Rhode Island Association at a banquet. The visitors left Tuesday and on their return voyage another meeting will take place at which the annual election of officers will be held.

Veteran Tobacconist Dead. Danville, Special.-News has; been

received here of the death in Wilson, N. C., of Edward M. Pace, who was LAUGH A LITTLE BIT.

By William Wood: What's the use o' bein' blue? Laugh a little bit; Dumps go out when laughter comes A chasin' after it: Sittin' 'bout an' lhopin' 'roun' Helps ho work along.

Sheddin' tears dou't make a dress Any better fit; Save you rijerves, by bein' calm; And laugh a little bit: Baby can't be made to mind By neglecting it, While you cry and pull your hair, So laugh a little bit.

What's the use o' coddlin' self? Git right up an' git; Thinkin' minds an' doin' hands Can laugh a little bit. Wash the dishes, bake the bread, Then sit down an' knit; While yer knittin' think

thoughts, An 'laugh a little bit:

S'pose yer body's full o' pains, Yer head about lo split; Coddlin' hatches millions more So laugh a little bit; An' laughin' you forgit;

blues, So laugh a little bit.

Lin' tones the system up, Nourishin', vou forgit blues;

So laugh a little bit.

BOY'S TERRIBLE ECZEMA

uldus Cure by Cutlcura:

Mouth and Eyes Covered With Crusts-Hands Pinned Down-Miracs

"When my little boy was sir months old he had eczema. The sores extended so quickly over the whole body that we at once called in the doctor. We then went to another doctor; but he could not help him, and in our despair we went to third one. Matters became so bad that he had regular holes in his cheeks; large enough to put a finger into. The food had to be given with a spoon, for his mouth was covered with crusts as thick as a finger, and whenever he opened the mouth they began to bleed and suppurate, as did also his eyes. Hands, arms, chest and back, in short, the whole body, was covered over and over. We had no rest by day or night. Whenever he was laid n his bed we had to pin his hands down, otherwise he would scratch his face, and make an open sore. I think his face must have itched most fearfully. "We finally thought nothing could help,

and I had made up my mind to send my wife with he c. ild to Europe, hoping that the sea air might cure 'im, otherwise he was to be put under good medical care there. But, Lord be blessed, matters came differently, and we soon saw a miracle. A

What is a Backache?

IT IS NATURE'S WARNING TO WOMEN Diseases of Woman's Organism Cured and Consoquent, Pain Stopped by Lydia E: Pinkham's Vegetable Compound:

"It seems as though my back would break" Women utter these words over and over again, but continue to drag along and suffer with sches in the small of the back, pain low down in the side; "bearing down" pains, nex-vousitess and no ambition for any task:



They do not realize that the back is they do not realize that the back is the mainspring of woman's organismis and quickly indicates by aching a dis-eased condition of the female organs or kidneys, and that the aches and pains will continue until the cause is Lydia E. Pinkham's Vegetable Comremoved: pound has been for many years the one and only effective remedy in such

cases. It speedily cures female and kidney disorders and restores the female organs to a healthy condition. male organs to a healthy condition.

"I have suffered with female troubles for over two years, suffering intense pain each month, my back ached until it seemed as though it would break, and I felt so weak all over that I did not find strength to attend to my work but had to stay in bed a large part of the first two or three days svery month; I would have sleepless nights, bad dreams and severe headaches. All the undermined my health:

health:

"We sonsilted an old family physician, who fidvised that I try Lydin E. Pinkham's Vegetable Compound. I begain taking it regularly and soon found that I sould sleep and eat better than I had done for months. Within two months I became regular and I ill longer suffer from backache or pain,"—Miss Maude Morris, Sec. Ladies Aid and Mission Society, 85 E. Hunter St., Atlanta, Ga.

in the act of patting a man on the back when he is already going down So. 29-'06.

OUTDOOR LIFE

Will Not Offset the Ill Effects of Coffee When One Cannot Digest It.

A farmer says: "It was not from liquor or tobacco that for ten years or more I suffered from dyspepsia and stomach trouble; they were caused by the use of cofzee until I got so bad I had to give up coffee entirely and almost give up eating. There were times when 1 could eat only boiled milk and bread and when I went to the field to work I had to take some bread and butter

along to give me strength. "I doctored with doctors and took almost everything I could get for my stomach in the way of medicine, but if I got any better it only lasted a little while until I was almost a

walking skeleton. "One day I read an ad. for Postum and told my wife I would try it, and as to the following facts I will make affidavit before any judge:

"I quit coffee entirely and used Postum in its place. I have regained my health entirely and can eat anything that is cooked to eat. I have increased in weight until now I weigh more than I ever did; I have 3:ot taken any medicine for my stomach since I began using Postum. "Vhy, I believe Postum will almost Higest an iron wedge.

"My family would stick to coffee at first, but they saw the effects it had on me and when they were feeling bad they began to use Postum, one at a time, until now we all use Postum." Name give by Postum Co Battle Creek, Mich.

trial of Postum in place proves the truth, and easy 1 pleasant way." "There's a rea-Look in pkgs. for a copy of the

famous little book, "The Road to

dovi and all four were condemned to death by shooting. But, on account of extenuating circumstances the Emperor will be requested to commute the sentences of the four officers to dismissal from service and to be deprived of certain rights which they would otherwise enjoy.

Over a Million Immigrants.

New York, Special.-Just 1,062, 054 immigrants entered the United States through this past fiscal year ending June 15th, an increase of 199, 075 over last year. The largest number 222,606 came from Southern Italy The Hebrews were second with 125,-000. The immigrants brought with them a total of \$19,000,000.

Congressman Adams Dead.

Chicago, Special. - Congressman Adams, of Wisconsin, died in the Auditorium Hotel. He had been ill several weeks. Mr. Adams was a member of the 58th Congress and was re-elected to the 59th.

Charles Earle Appointed.

Oyster Bay, Special .- The Presi dent appointed Charles Earle solicit or for the department of Commerce and Labor to succeed Edwin W Sims, recently appointed United in Raleigh on July Fourth of paraly-States district attorney in Chicago.

Conference in Thaw Case. New York, Special.-An important

conference, from the view point of the defense in the Thaw case was held in the Tombs. Those present in addition to Thaw, were his wife and Presidency. former Judge Olcott, leading attorney for the defense. It is reported as result of the conference Thaw with drew his opposition to entering the plea of emotional insanity when the case comes to trial.

springs Hotel Company, both at French Lich, Ind., it being alleged gambling is allowed on the primises. Fears are entertained for the safe-

left Mediterranean ports with 150 persons on board bound for New The Arlon Singing Society of Balimore took part in the prize singing

y of the steamer America, which

for the first class of organization at President Roosevelt dispos of a ot of accumulated correspondence at

Sagamore Hil. The Lafayette collection of relics shown at the Chicago Exposition was sold at auction in London for \$27,,

Secretary Bonaparte has invited shipbuilders to debate their own and others' bids for battleship construction and the recommendations of the Naval Construction Board.

A night session of the Russian Cabinet was held, but the nature of the discussion was not disclosed. The French Chamber of Deputies annulled the election of Count Boni

de Castellane. Rev. J. W. Jenkins, D. D., superintendent of the Methodist Orphanage, at Raleigh, N. C., and a veteran Methodist minister, died at his bome

Two more Warsaw policemen were murdered by Russian teorists.

In an interview in London Hon. William J. Bryan said the list of candidates should be open until the time comes to choose a candidate for the For its white population South

Africa is perhaps the greatest market

in the world for musical instruments.

It spends for them \$1,000,000 a year,

half of which is for pianos.

A Gigantic Loan.

New York, Special.-Negotiations for a loan, understood to be for St. Paul Railroad stated to be from \$25,-000,000 to \$50,000,000, was concluded n Paris.

Fertilizer Cascs.

Richmond, Va., Special-In the fertilizer anti-trust cases Judge Waddill granted permission for the defense to incorporate in the courts order a recital of the circumstances at tending the appearance of the defendants and attorneys. Both sides began the preparation of the record to be submitted to the Federal Supreme Court. The defense will make a test of the case of J. G. Linsev. When he is committed a habeas corpus will be applied for.

Outlaws to Be Punished. Manila, By Cable .-- Montalon, the

Ladrone leader, surrendered to Col. Bandholbe Assistant Chief of the Constabulary at Talisay July S. and was removed to Cavite for trial. The capture of Montalon leaves one more Ladrone leader at large in the counly. The chief of the Constabulary has aunounced that all outlaws must stand trial. The government has been criticised for not hastening their

Killed By Exploding Boiler. Lumberton, Special.-Jos. S. Stone.

well-to-do citizen of this county, was killed by an explosion of the boiler at | his saw mill at Long Branch about six miles from Lumberton. He was trying to remedy some irregularity vaile the regular engineer was away from the room. He was about 50 Jears old.

by Mr. Lyerly, who was preparing to

have it thrashed. Monday Nease Gillespie went down to Mr. Lyerly's house and asked him what he was going to do with the

"Why, I am going to thrash it and use it," said Mr. Lyerly.

"You will not," declared Nease. Hot words followed and Mr. Lyerly ordered the negro out of the yard. It was here Gillespie told his landlord that he would kill him or die in the attempt if he used the wheat without giving him a share of it.

It was after this that Nease told Mr. Webb that Mr. Lyerly might cut the wheat, but he would never eat or sell it. Gillespie had been very insolent to Mr. Lyerly. The crowd which gathered at the

Lyerly home heard of this threat of Gillespie and went to his home to arrest him. The negro had gone to his work, a mile or more away, but his wife became frightened and ran to the home of Mr. Dick Files, a farmer, and begged him to protect her, saying that she would be hanged for killing the Lyerlys when she had nothing to do with it.

Said Gillespie Know of the Crime. "I don't know nothing about it. but my husband does," said Gilles-Near the home of Gillespie was a

freshly burnt spot, where a straw bed and other things had been fired since daylight. Those who graveled in the charred place found pieces of clothing, and a spoonful of scortched blood. Some paces from the house a bloody shirt, which had been boiled, and was still wet, was discovered in a weed patch. These bits of evidence, when put together, make an interesting and convincing story. Gillespie's wife was hysterical and

A man's love of sanctity cannot wild. She talked two ways, but the officers believe that she gave her hus-

large lumber mills upon the property.

NEWSY GLEANINGS.

Cossacks in the Province of the Don refused to obey mobilization or-

Archie and Quentin Roosevelt drove a locomotive from Oyster Bay The Shr on Estate Company has decided to rebuild the Palace Hotel, San Francisco, on the old site.

say they had heard Harry Thaw make threats of death for Stanford Government attorneys believe they will be able to indict Lake Shore and

Standard Oil officials on the charge

More witnesses were discovered to

Red flags were carried and rebel songs sung in many parts of St. Petersburg, causing conflicts with the police and troops. General Trepoff said the Russian

of rebating.

Duma was simply a revolutionary centre and too much freedom of speech was allowed there. Charles Berry, charged with embezzling \$500,000, is driven by loneliness to return to Boston, Mass.,

and surrender to the police. Arrangements are being made for a new railway from Pittsburg to New England by way of the Delaware and Hudson and Boston and Albany lines. Secretary of Agriculture Wilson found the beef packers trying to evade the clean-up order and warned them the Government will not stand

The International Policy Holders' Committee organized for the fight agrinst the present managers of the Mucual and New York Life, and elected Richard Oiney chairman.

Secretary Shaw sent a letter to national banks, urging them to issue more \$5 bills, saying the United States Treasury is unable to meet the pressing demand for notes of small denomination.

be measured by his loathing for soap.

FITE, St. Vitus Dance: A ervous Diseases per-manently cured by Dr. Kline's Great Nerve Restorer. 82 trial bottle and treatise free. Dr. H. R. Kline, Ld., 031 Arch St., Phila., Pa. Of all cities Rome has most frequently been in the hands of enemies

Mrs. Winslow's Soothing Syrup for Children teething, softens thegums, reduces inflamma-tion; allays pain, cures wind colic, 25c a bottle The Mayor of Chicago receives a salary

Cured at Once. e says all who take Dr. P' ers Huckleberger Cordial for Dysenter)... .rrhoea and Chiesen Teething. At Druggist 25c and 50c.

It is a good deal better to hold child than to have to hold meetings to save wandering men.

CAPUDINE CURES It acts immediately-INDICESTION and hard ACIDITY Week to know its good. It cures

WANTED - Address of (1) versons of vart indian slood who are not living with any fribs, (2) of men who served in the Federa army, or (6) the nearest kin of such soldiers or sailors, now decreased, NATHAN BICKFORD, Washington, D. C.

60 Bushels Winter Wheat Per Acre Timothy, Grasses. Bulbs, Trees, etc., for fall planting. SALZER SEED CO., Pox A. C. La Crosse, Wis.

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ditions of the mucous membrane such as nasal catarrh, uterine catarrh caused

by feminine ills, sore throat, sore

mouth or inflamed eyes by simply

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dosing the stomach.

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