

The Times-Dispatch

Published Daily and Weekly

At No. 4 North Tenth Street, Richmond, Va. Entered January 27, 1903, at Richmond, Va., as second-class matter, under Act of Congress of March 3, 1879.

The DAILY TIMES-DISPATCH is sold at 2 cents a copy. The SUNDAY TIMES-DISPATCH is sold at 5 cents a copy.

The DAILY TIMES-DISPATCH, including Sunday, in Richmond and Manassas, by carrier, 12 cents per week or 50 cents per month.

THE TIMES-DISPATCH, Richmond, Va.

Table with columns: BY MAIL, One Year, Six Mos., Three Mos., One Mo. Rates for Daily, Weekly, and Sun. editions.

All Unpaid Communications will be returned. Rejected Communications will not be returned unless accompanied by stamps.

Up-Town Office at T. A. Miller's, No. 619 East Broad Street.

WEDNESDAY, MAY 18, 1904.

A Hint to the Masses.

It is hard for you to understand how any man who wants a voice in the affairs of his party can be opposed to the primary election principle.

But it is not so without the primary. In ward meetings and courthouse meetings and county conventions and city conventions and State conventions, there is sure to be manipulation one way or the other.

The individual voter in opposition to such clique or faction stands a very poor chance to have his way. Under the convention plan the individual voter counts for very little, unless he happens to be a delegate.

The only way for the individual voter to have as much voice as any other man in selecting candidates is through the primary, and it is strange, indeed, we repeat, that any man, unless he be a manipulator, should prefer the convention plan to the primary election.

Let Richmond voters remember this when the election is held to choose delegates to the State Convention, and let them cast their ballots in favor of the primary principle.

A Novel Plea.

A novel case is reported from Chester, Pa. A negro named Cornelius Bush was recently found guilty of murder in the first degree for beheading his cell-mate, James Pratt, in the Eastern penitentiary.

But strenuous efforts are making to save his neck on the ground that the man whom he murdered was himself a murderer, and had cheated the gallows out of his just prey.

The penitentiary officials may be to blame for locking these men in the same cell, and it may also be true that the man who was murdered was himself a fit subject for the gallows. But the plea that the man who commits the murder is to be excused on either of these grounds is absurd, and it is not to be supposed that the authorities will entertain it for a moment.

Don't Blame the Women.

In the course of a sermon delivered last Sunday a Northern preacher said that he would make all the improvement of the manners and the accomplishments of education of women subordinate to the duties of the home—the means to make home happy.

We oppose Mr. William J. Bryan, because he is the avowed prophet of discord. The result of this unfaithfulness in the foundation education is seen in the extravagant habits of our modern housekeeping and the ignorant waste where the young woman finds herself unable to direct her servants in cases where she is not required to do the actual work herself.

"And wearing of her attempts to be queen in her own home she allows her little kingdom to live without a head. Her husband finds that the expense of married life is far greater than he anticipated and the comforts less."

million single men past thirty in this country; that it cost so much to support a wife it had become a prevalent sentiment that a man must acquire his fortune before he married. We concur in the much that the preacher has said. It is a matter of supreme importance that girls should be educated with a view to making home life happy.

But we do not concur in the preacher's conclusions. The large number of bachelors in this country is not to be accounted for on the score that the women are delinquent. Every girl has a natural talent for home-making, and for house-keeping, and if she marries the man she loves, she is usually willing to make any sort of sacrifice in the interest of the home life.

It is difficult for salaried men to keep up with it. It is adversity that teaches lessons of economy, and it may be that we shall have to pass through another season of adversity before we learn how to live less expensively. The standard of living, materially speaking, is entirely too high.

A Democratic Newspaper.

On Saturday last we made reply in these columns to the friendly complaint of a correspondent in Southside Virginia concerning the attitude of The Times-Dispatch towards William J. Bryan.

We, too, are glad that the opportunity was thus presented to The Times-Dispatch to make its position clear, and we feel under obligations to our correspondent for his friendly service.

The Richmond Times-Dispatch inquires: What would the situation be to-day if the South had turned its back upon the negro after the war, and made no effort until now to educate him?

The Norfolk Dispatch regrets that no action has been taken in that city to separate the races on the street cars. The system is working well in Richmond.

The first pretty May day they had in Charlotte, N. C., got the Observer to cringing about "climate." That paper thinks the sun doesn't shine anywhere else.

They say the elevator men of the country are going to strike. That will be one strike without its ups and downs.

Mr. Bryan got into the true inwardness of the Beef Trust when the Nebraska ox swallowed the Commoner.

That obstinate man, Alton B. Parker, keeps on saying nothing.

Japan smiles and says that she doesn't even send China's aid.

All's fair in love, war and St. Louis.

North Carolina Sentiment. This year Mr. POU has had sent to the people of this district more than 20,000 packages of vegetable seeds, not including several thousand packages of seeds of various other kinds.

The Governor's Responsibility.

The inaugural address of Governor Newton C. Blanchard, delivered at Baton Rouge on Monday last, was inspirational and will have its influence far and wide.

of such courage. The Governor is the executive officer of the State, and it is his sworn duty to see that the laws are obeyed and upheld, and that the rights of every man, however humble, are preserved.

It is a happy omen. Mob violence in the South has been demoralizing and it has been detrimental to the natural progress of this section. But if all Governors will discharge their duty faithfully and fearlessly, it will not be long before mob violence will cease.

The Waverly Fire.

We are distressed to hear of the disastrous fire at Waverly, Va. It is one of the liveliest and most progressive towns in that section of the State, and it is a pity that its trade should be interfered with at this busy season.

The athletic girl has come, and she has come because she was encouraged. Now that she is here, we must deal with her as she is, and she is already beginning to give trouble. Recently a girl at Niagara Falls, who had by athletics developed the muscles of her arms, took it into her head to give a man companion a good squeeze, and in doing so she broke one of his ribs.

THE WEAVERLY FIRE

By Botanic Blood Balm (B. B. B.) TO PROVE IT, B. B. B. SENT FREE. We want every reader of this paper who has rheumatism to send us a bottle of Botanic Blood Balm, the wonderful Blood Remedy which has cured more cases of rheumatism than all other remedies.

One of the causes of Rheumatism is due to kidneys and bladder. Pains in the loins and a swelling of the heavy weight of the bowels, urinous taste in mouth or disagreeable odor of the urine are some of the leading symptoms.

OUR GUARANTEE.—Take a large bottle of Botanic Blood Balm (B. B. B.) as directed on label. If it does not cure you, we will refund your money.

But in all these vicissitudes, it has been the singular good fortune of Colonel Cameron to retain the personal esteem and the admiration of those whose views he antagonized.

For the first time in the history of Scottsville, to the knowledge of our oldest citizens, we have been without a doctor the best part of this week.—Scottsville Courier.

A few days ago a man committed suicide at Niagara. We do not know what his troubles may have been, but we believe he beheld the grandeur of that world wonder, he destroyed that which God gave him to protect. Sad, indeed, is that life which sees no light beyond the bar.

Recent events have clearly demonstrated to neither Mr. Bryan nor Mr. Hearst the slightest regard for the welfare or success of the Democratic party, and that of far greater importance is their own advancement.

When General Kuropatkin has completed the withdrawal he is now making his position for the defense of Mukden, the capital of Manchuria, will be not unlike the line which General Lee defended so long before Richmond, the capital of the Confederacy.

The Norfolk Dispatch regrets that no action has been taken in that city to separate the races on the street cars. The system is working well in Richmond.

They say the elevator men of the country are going to strike. That will be one strike without its ups and downs.

Mr. Bryan got into the true inwardness of the Beef Trust when the Nebraska ox swallowed the Commoner.

That obstinate man, Alton B. Parker, keeps on saying nothing.

Japan smiles and says that she doesn't even send China's aid.

All's fair in love, war and St. Louis.

North Carolina Sentiment. This year Mr. POU has had sent to the people of this district more than 20,000 packages of vegetable seeds, not including several thousand packages of seeds of various other kinds.

THE WEAVERLY FIRE. By Botanic Blood Balm (B. B. B.) TO PROVE IT, B. B. B. SENT FREE.

OUR GUARANTEE.—Take a large bottle of Botanic Blood Balm (B. B. B.) as directed on label. If it does not cure you, we will refund your money.

But in all these vicissitudes, it has been the singular good fortune of Colonel Cameron to retain the personal esteem and the admiration of those whose views he antagonized.

For the first time in the history of Scottsville, to the knowledge of our oldest citizens, we have been without a doctor the best part of this week.—Scottsville Courier.

A few days ago a man committed suicide at Niagara. We do not know what his troubles may have been, but we believe he beheld the grandeur of that world wonder, he destroyed that which God gave him to protect.

Recent events have clearly demonstrated to neither Mr. Bryan nor Mr. Hearst the slightest regard for the welfare or success of the Democratic party, and that of far greater importance is their own advancement.

When General Kuropatkin has completed the withdrawal he is now making his position for the defense of Mukden, the capital of Manchuria, will be not unlike the line which General Lee defended so long before Richmond.

The Norfolk Dispatch regrets that no action has been taken in that city to separate the races on the street cars. The system is working well in Richmond.

PRIMARY IN MANCHESTER

Mayor Maurice Renominated by a Large Majority Over Mr. Davidson.

MR. BARRETT WAS DEFEATED Two of the Present Members Lose—Five New Men in Council.

Manchester Bureau, Times-Dispatch, No. 102 Hull Street. Mayor—H. A. Maurice.

As shown above, there were few changes as the result of the primary election in Manchester yesterday. A comparatively full vote was cast.

Everything went off quietly and both Alderman Barrett and Councilman Nunnally accepted their defeat as gracefully as they could under the circumstances.

The new men in the Council will be: Board—Jones, Daffron and B. A. Nunnally. All the present members of the Assembly, who ran for the nomination, were successful, but Mr. Waverly Nunnally, of the First Ward, who was endorsed by the opposition, Mr. Jones will fill his place.

Major Maurice overcame all obstacles in each ward. The First was considered doubtful, but he even carried that by a large majority.

The vote was all in by 7 o'clock, and by 8 o'clock it was counted, and the City Committee immediately canvassed the returns, and announced the nominees. The vote by precincts follows:

BOARD OF ALDERMEN. First Ward—Rudd 69, Hooker 61—no opposition. Second Ward—Perdue 110, Tillery 84, Gill 52.

CITY ASSEMBLY. First Ward—Jones 56, J. D. Reams 29, Wakefield 23, Waverly Nunnally 22, G. W. Reams 20.

BOARD OF ALDERMEN. The Board of Aldermen met at 8 o'clock, with all the members present.

Mr. A. L. Sampson, high muck-a-muck of Dulmo Klan, has just issued a characteristic notice to the police, asking them to order to get together in regular mystic order.

Judge Audenreid decides jurisdiction extends to local body. After five years of litigation between two factions of the Junior Order United American Mechanics, Judge Audenreid yesterday handed down a decision which is expected to end the warfare.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

The Hanover Shoe. The Greatest Shoe Value on Earth. For Men. \$2.50. TRY a pair of our Corona Colt Ox-fords. Same leather, style and Good-year welt (hand method) process as the \$3.50 to \$5 kinds. Only difference is the price.

TRY a pair of our Corona Colt Ox-fords. Same leather, style and Good-year welt (hand method) process as the \$3.50 to \$5 kinds. Only difference is the price. Get convinced. Thousands have, who hesitated, too. Now they see no use in paying more; neither will you.

RICHMOND STORE, 609 EAST BROAD. Direct from Factory, Hanover, Pa. Postal Request Brings Style Book.

WEDNESDAY, MAY 18, 1904.

DO YOU REMEMBER THAT—

Edward (the martyr), murdered by his stepmother. He was the son of King Edgar, who enacted laws against excessive drinking, ordaining a size with pins in the cup with penalties on any one who should presume to drink "deeper" than the mark.

The city of Acre in Palestine taken by the Turks, after a siege of thirty days, the double wall was forced by the Moslems, the principal tower yielding to their engines, the Mamelukes made a general assault, the city was stormed, and death or slavery was the lot of 60,000 Christians, and the Holy Land was again in the hands of the Turks.

Ferdinand de Soto, Governor of Cuba, sailed for the conquest of Florida with nine vessels, 900 men besides sailors, 213 horses and a herd of swine. He landed on the west coast of the peninsula, with 300 men and pitched his camp, but about daybreak the next morning they were attacked by the natives and obliged to retire.

The Turks, under Mustapha Pasha, to the number of 30,000 choice troops, landed on the island of Malta with a view to annihilate the Knights, but the desperate resistance they encountered compelled them to abandon the island with the loss of 25,000 men. The loss of the Knights was 7,000. The island was taken by General Bonaparte in the outset of his expedition to Egypt, June 12, 1798.

"His Sacred Majesty," Charles II. advertised that he would attend to healing his people of the "King's evil," by touching, during the month of May. The first who touched for the King's evil was Edward the Confessor, 1058. This credulity had in the age of Charles II. arisen to such a height, that in fourteen years, 92,107 persons were touched; and, according to Wiseman, the King's physician, they were nearly all cured.

Turbide declared Emperor of Mexico by the army under the title of Augustin I.

Hague Peace Conference.

pow-wow at Masonic Temple on Friday night. Those who do not attend will miss something good. Those who do attend will get too much of a good thing.

LICENSE RENEWED. Judge Clepton, after mature deliberation, consented to the granting of a liquor license to W. J. Dobbins at Seventh and Hull Streets. Mr. Dobbins opened his place last night.

PERSONAL AND BRIEFS. The police are looking out for the vandals who have been misbehaving near Fourteenth and Perry Streets. When caught they will be severely punished.

Corner-Stone Laid. (Special to The Times-Dispatch.) RALEIGH, N. C., May 17.—This afternoon, in connection with the commencement exercises of and dedication of the Baptist University for Women, the corner stone was laid for Faircloth Hall, a new dormitory to accommodate 36 more students, provide a society hall, music and other recreation rooms.

NATIONAL RULES. Judge Audenreid Decides Jurisdiction Extends to Local Body. After five years of litigation between two factions of the Junior Order United American Mechanics, Judge Audenreid yesterday handed down a decision which is expected to end the warfare.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

Half Hour With Virginia Editors.

But in all these vicissitudes, it has been the singular good fortune of Colonel Cameron to retain the personal esteem and the admiration of those whose views he antagonized.

For the first time in the history of Scottsville, to the knowledge of our oldest citizens, we have been without a doctor the best part of this week.—Scottsville Courier.

A few days ago a man committed suicide at Niagara. We do not know what his troubles may have been, but we believe he beheld the grandeur of that world wonder, he destroyed that which God gave him to protect.

Recent events have clearly demonstrated to neither Mr. Bryan nor Mr. Hearst the slightest regard for the welfare or success of the Democratic party, and that of far greater importance is their own advancement.

When General Kuropatkin has completed the withdrawal he is now making his position for the defense of Mukden, the capital of Manchuria, will be not unlike the line which General Lee defended so long before Richmond.

The Norfolk Dispatch regrets that no action has been taken in that city to separate the races on the street cars. The system is working well in Richmond.

They say the elevator men of the country are going to strike. That will be one strike without its ups and downs.

Mr. Bryan got into the true inwardness of the Beef Trust when the Nebraska ox swallowed the Commoner.

That obstinate man, Alton B. Parker, keeps on saying nothing.

Japan smiles and says that she doesn't even send China's aid.

All's fair in love, war and St. Louis.

North Carolina Sentiment. This year Mr. POU has had sent to the people of this district more than 20,000 packages of vegetable seeds, not including several thousand packages of seeds of various other kinds.

THE WEAVERLY FIRE. By Botanic Blood Balm (B. B. B.) TO PROVE IT, B. B. B. SENT FREE.

OUR GUARANTEE.—Take a large bottle of Botanic Blood Balm (B. B. B.) as directed on label. If it does not cure you, we will refund your money.

But in all these vicissitudes, it has been the singular good fortune of Colonel Cameron to retain the personal esteem and the admiration of those whose views he antagonized.

For the first time in the history of Scottsville, to the knowledge of our oldest citizens, we have been without a doctor the best part of this week.—Scottsville Courier.

Major Maurice overcame all obstacles in each ward. The First was considered doubtful, but he even carried that by a large majority.

The vote was all in by 7 o'clock, and by 8 o'clock it was counted, and the City Committee immediately canvassed the returns, and announced the nominees. The vote by precincts follows:

BOARD OF ALDERMEN. First Ward—Rudd 69, Hooker 61—no opposition. Second Ward—Perdue 110, Tillery 84, Gill 52.

CITY ASSEMBLY. First Ward—Jones 56, J. D. Reams 29, Wakefield 23, Waverly Nunnally 22, G. W. Reams 20.

BOARD OF ALDERMEN. The Board of Aldermen met at 8 o'clock, with all the members present.

Mr. A. L. Sampson, high muck-a-muck of Dulmo Klan, has just issued a characteristic notice to the police, asking them to order to get together in regular mystic order.

Judge Audenreid decides jurisdiction extends to local body. After five years of litigation between two factions of the Junior Order United American Mechanics, Judge Audenreid yesterday handed down a decision which is expected to end the warfare.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

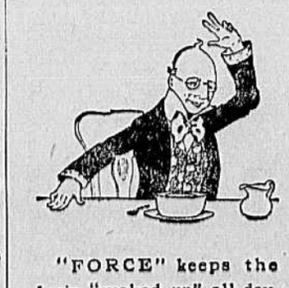
Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

Chronic Kidney Disease. OLD AND NEW TREATMENT COMPARED.—Those medicines that stimulate the liver and kidneys are called diuretics. Up to this time kidney remedies have been combinations including one or more diuretics, the idea being that disorders of the kidneys should be treated by stimulating them to increased action.

A Linotyper's Plight. I catch a "take" of pretty good stuff. That looks as clear as day. My fingers nimble strike the keys, the work is just what I need. It's legible and plain—What's this? Gee whizz! A Russian Buch stink gives me a pain.

"BLACK MAMMY" tells the tale. We make one thing and make it well.



"FORCE" keeps the brain "waked-up" all day. No matter whether you write or figure or saw wood or pound stone: You'll do it the better for eating "FORCE". Sunny Jim