

THE MOCKING BIRD.

He is the Most Versatile of All the Woodland Choir.

Early explorers of America carried back with them to Europe stories of a bird which sang more sweetly than the nightingale.

It was the southern mocker heard in the clearings and along the green banks of the water courses which chained the attention of the music loving Spaniard.

Ever since the day when its notes were first heard by the ears of the pioneers the human singers have been trying to catch the inspiration of the mocker's song and to do it justice in poetry.

No mocking bird in all the range of its performance ever equaled in pure music the hymnlike notes of the hermit thrush, but yet the mocker is by far the greater, if not the more appealing, singer.

It is interesting to read the accounts of the mocking birds' songs as set down by the early ornithologists. Audubon, Wilson and Nuttall listened to the mocker and were in turn moved to sing, even though they did their singing in prose.

There is a luxuriance in the singing of the mocker, and the proper setting for the song is the warmth and luxuriance of the south.

The Audubon societies took up the plea of the southern women that the traffic in the mockers might be stopped, and they succeeded in a large measure in putting an end to the sale of the songsters in the northern markets.

It would be a task of days to give adequate information of all that has been written concerning the song of the southern mocking bird.

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DIETARY STANDARDS.

What Observation Indicates to Be the Average Man's Daily Food Need.

Accepting the daily dietary standards which are based upon observations as to what people are accustomed to consume, it is plain that the average man doing from light to moderate muscular work must take each day approximately 116 grams of proteid matter (18 grams of nitrogen), with sufficient fat and carbohydrate to yield a total fuel value of 3,050 large calories.

A more elaborate diet, one in large measure free from meat and having essentially the same content of nitrogen and with a total fuel value of approximately 3,000 calories, would be as follows: Fried hominy, six ounces; sirup, three ounces; baked potato, eight ounces; butter, one and one-half ounces; baked spaghetti, ten ounces; mashed potato, ten ounces; boiled turnip, six ounces; bread, two ounces; apple sauce, eight ounces; apple tapioca pudding, twelve ounces; fried sweet potato, eight ounces; fried bacon, one ounce; fruit jam, four ounces; coffee, one and one-half pints, and tea, three-fourths of a pint.

CASTORIA For Infants and Children.

The Kind You Have Always Bought Bears the Signature of J. C. Ayer & Co.

Dirty Washing. Natives of Morocco think that Europeans and Americans are dirty. The habit to which they object is that of washing the hands or face in a basin and, still more, taking a bath where the water is not running.

Her Sick Friend. Mamma—Ethel, where have you been all this time? Ethel—Sitting up with a sick friend. Mamma—Nonsense! I believe you've been in the parlor all evening with that Mr. Softleigh.

Constipation. Health is absolutely impossible if constipation be present. Many serious cases of liver and kidney complaint have sprung from neglected constipation.

Worm Destroyer. White's Cream Vermifuge not only kills worms, but removes the mucous and slime in which they build their nests; it brings, and quickly, a healthy condition of the body, where worms cannot exist.

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Gainesville & Gulf Railway Company

Time Table in effect September 24, 1905.

Table with columns: No. 4 Daily, No. 2 Daily, STATIONS, No. 1 Daily, No. 3 Daily. Rows include Lv P M, Lv A M, Ar P M, Ar P M for stations like Fairfield, Irvine, Dungarvan, Southside, Hickman, Lake Simonton, Micanopy, Tacoma, Kirkwood, Olyatt, Wacahoots, Rocky Point, Gainesville, Bellamy, Cyrl, Graham, Sampson City, Palatka, G. S. & F., Lake City, G. S. & F., Tallahassee, S. A. L., Valdosta, G. S. & F., Macon, G. S. & F., Atlanta, C. of Ga.

* Trains 3 and 4 do not run between Gainesville and Fairfield on Sundays. L. E. BARKER, General Superintendent J. F. HILL, Agent.

SOUTHERN RAILWAY. Effective May 28, 1905.

Table with columns: 2 Vestibule Trains East No. 34 No. 20 North and West, No. 13. Rows include Lv Jacksonville, So. Ry, Lv Savannah, So. Ry, Ar Columbia, So. Ry, Ar Charlotte, So. Ry, Ar Greensboro, So. Ry, Ar Richmond, So. Ry, Ar Lynchburg, So. Ry, Ar Charlottesville, So. Ry, Ar Washington, So. Ry, Ar Baltimore, P. R. R., Ar New York, P. R. R., Lv Jacksonville, Fla., So. Ry, Ar Jessup, Ga., So. Ry, Ar Macon, Ga., So. Ry, Ar Atlanta, Ga., So. Ry, Ar Rome, Ga., So. Ry, Ar Dalton, Ga., So. Ry, Ar Chattanooga, Tenn., So. Ry, Ar Lexington, Ky., Q. & C., Ar Cincinnati, O., Q. & C., Lv Cincinnati, O., Big Four, Ar Chicago, Ill., Big Four, Lv Cincinnati, O., Pa Lines, Ar Chicago, Ill., Pa Lines, Lv Cincinnati, O., C. H. & D., Ar Chicago, Ill., Monon, Lv Cincinnati, O., C. H. & D., Ar Toledo, O., C. H. & D., Ar Detroit, Mich., P. M., Lv Cincinnati, O., Pa Lines, Ar Pittsburg, Pa., Pa Lines, Lv Cincinnati, O., Big Four, Ar Cleveland, O., Big Four, Lv Lexington, Ky., So. Ry, Ar Louisville, Ky., So. Ry, Ar St. Louis, Mo., So. Ry, Ar Anniston, Ala., So. Ry, Ar Birmingham, Ala., So. Ry, Ar Memphis, Tenn., Frisco, Ar Kansas City, Mo., Frisco, Memphis, Tenn., 8:30p, Hot Springs, Ark., 9:20p, No. 18—The Florida Limited, Daily, Solid vestibule train, through day coaches and Pullman Sleeping Cars, Jacksonville to Cincinnati. No. 19—Pullman Drawing Room Sleeping Car between Jacksonville, Birmingham, Memphis, Kansas City and Colorado Springs.