

PROSPECT FOR ACTIVE WEEK IN SHIPPING LINE

THREE STEAMSHIPS ARE TO FILL OUT WITH TIMBER AND LUMBER—SEVERAL OTHER VESSELS ARE EXPECTED DURING WEEK.

Prospects for an active week in the bay are good, as there are three steamships ready to start to work Monday morning, each of them to give work to more than half a hundred baymen.

The steamships August Leffler, at Muscogee wharf; the Roscock, at Perdido wharf; the Competitor, at Tarpon wharf, are the vessels to start taking lumber and timber.

The British steamship Samara, Capt. Thompson, arrived yesterday afternoon from Belize, with a cargo of mahogany logs, consigned to the Mengel Brothers, Louisville, Ky.

Island today, Str. Cessna, 2:30 p. m.

TWENTY-ONE CASES IN THE CITY COURT

Twenty-one cases were docketed in the recorder's court yesterday morning, and Recorder Protom Paulsen presided.

Cured His Rupture

I was badly ruptured while lifting a trunk several years ago. Doctors told me my only hope of cure was an operation.

Impure Blood

Instantly suggests the remedy, HOOD'S SARSAPARILLA. A word to the wise is sufficient. Buy a bottle this very day.

were discharged, and one defendant was bound over to the county on a charge of stealing some sacks.

A Winter Cough. A stubborn, annoying, depressing cough hangs on, racks the body, weakens the lungs, and often leads to serious results.

A CONSIGNMENT COTTON ON THE STEAMSHIP IDA

SEVEN THOUSAND BALES WERE EXPORTED TO LIVERPOOL—VALUABLE CARGO ON SPANISH STEAMER.

Seven thousand bales of cotton were exported on the Spanish steamship Ida, which cleared and sailed yesterday for Liverpool.

The next cotton shipment from this port of any consequence is listed for the steamship August Belmont, which is on her way here from Baltimore.

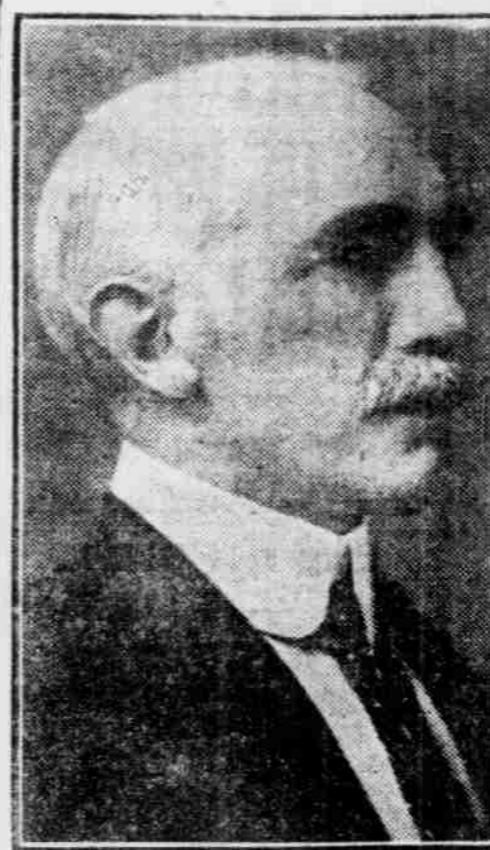
PLUNGED NAIL INTO HIS FOOT

W. A. Norsworthy, residing on East Belmont street, stepped on a nail projecting from a picket, late Friday afternoon, and sustained a severe wound.

"OPTIMISM"

By Gilfillan Scott.

"It's easy enough to be pleasant. When life flows by like a song; But the man worth while is the man with a smile When everything goes dead wrong."



PROF. GILFILLAN SCOTT.

Optimism is the habit of looking on the bright side. Pessimism is the habit of looking on the dark side.

The pessimist sees only the cloud. The optimist sees the silver lining. He knows the cloud is there all right; but he looks at it from the proper angle and with a smiling face and he catches the reflection of his own smile.

In a previous article I commented upon various kinds of contagion, including laughter, bravery, fear and anger, all of which are contagious by the force of EXAMPLE.

Reflection along this line reveals an overwhelming responsibility upon each of us towards our fellow humans. As example is a mighty force, we need to be perpetually careful how we exercise it.

Walk down the street and meet smiling faces; and, unless your liver is at war with you, you'll smile without considering why; but, if you meet sour, grumpy faces, it won't be so easy to smile, and you'll possibly feel sour without knowing why.

Optimism promotes remedies for troubles. Pessimism does but aggravate troubles.

We can cultivate which we choose. If you prefer melons why cultivate lemons?

If the world has handed you a lemon what's the use of cultivating it and watering it with the tears of self-pity?

Optimism can be cultivated until it becomes a HABIT, and habit is only a matter of time.

A baseball pitcher practices a certain twist of the ball many hundreds of times until it becomes a habit. We practice all kinds of actions, such as the motions in swimming, the steering of an automobile, the balancing of the body on one leg at a time in walking, until we do these things with ease and certainty.

A man may shave every morning without fear of lopping one of his ears or cutting a slice off his nose.

Why? Because he has made shaving a habit and practice makes perfect. If habit is so strong a force that it can make difficulties easy, isn't it the height of good judgment to lay hold of habits with both fists and use it?

It habit will help you in baseball, in swimming, in steering an automobile, in walking, in shaving and in finding your mouth with a fork (no, you mustn't eat with a knife and very seldom with a spoon), why not make habit help you to be an optimist?

The world needs optimists to brighten it and help it in times of trouble.

Did it ever occur to you to write a list of your troubles?

I'll bet you never did. Just take a pencil and paper and sit down in front of yourself and say, "NOW, MY FRIEND, WHAT ARE YOUR TROUBLES?"

Be businesslike about it and unload the whole lot on paper without reservation.

Now you have the situation before you in concrete form in place of carrying around in your brain a confused mass of troubles each trying to be considered first.

An experienced lawyer or doctor or merchant or statesman (Woodrow Wilson for instance) makes a list of matters demanding attention and, without fussing or worrying, but with

MEAT CAUSE OF KIDNEY TROUBLE

Take a glass of Salts if your Back hurts or Bladder bothers—Meat forms uric acid.

If you must have your meat every day, eat it, but flush your kidneys with salts occasionally. A noted authority who tells us that meat forms uric acid which almost paralyzes the kidneys in their efforts to expel it from the blood.

To neutralize these irritating acids, to cleanse the kidneys and flush off the body's urinous waste get four ounces of Jad Salts from any pharmacy here; take a tablespoonful for a few days and your kidneys will then act fine.

ONLY ONE "Bromo Quinine," that is Laxative Bromo Quinine Cures a Cold in One Day, Grip in 2 Days

calm deliberation, deals with one at a time.

When meal time arrives he dismisses thought and eats, and when bed time arrives he dismisses thought and sleeps.

So he conserves his energy and maintains his sanity, yet accomplishes his ends.

As this method succeeds in dealing with ordinary business so it will succeed in dealing with troubles.

With your list of troubles before you and your determination made to deal with them in a businesslike way your troubles are already half overcome, for a job well begun is half done.

Why am I discussing troubles? Because pessimism is the cause as well as the result of allowing troubles to fester; a double-barrelled gun directed against yourself, whilst optimism is a mainspring inducing and suggesting lines of action to overcome troubles; and action is the finest antidote for worry because definite work is a relief from indefinite doubt.

Fear and laziness and false pride produce pessimists.

Fear of having to do what we don't like doing, something laziness and pride object to, can cause more trouble than the doing.

We will go miles further round rather than go back and admit that we started wrong.

The pessimist is pig headed; and, having started wrong, will grout and grunt and persist in plunging along in the wrong direction, cursing the world and finding fault with the roughness of the rough road whilst he tramps further and further from the smooth road.

The optimist has learned the lesson of eternal vigilance; laughs at fear; kicks laziness; admits he's wrong with a smile; takes a good look around him; spots the right road and shouts the news to the pessimist, who only growls and doggedly refuses to listen to reason.

The pessimist lives in his own little hell. The optimist dreams of heaven.

How is a pessimist to become an optimist? By the same means a drunkard becomes temperate; or a man of violent temper becomes reasonable; or a spendthrift becomes a saver; with comfortable possessions, and an easy mind.

Here we are drawn back to our "OLD HABIT," commencing with DETERMINATION, APPLICATION AND PATIENCE.

And, if habit is to help us to be optimists, the question arises how long does it take to form a habit?

It depends upon the habit. Also it depends upon the individual. Again, it depends upon the handicaps.

Sweeping its and buts aside, however, let's recognize that all possible action can become habit, the length of time required to form the habit varying with the conditions.

This is a safe and sound proposition. I am in sympathy with all wrong doers when I say that it does appear if a man starts self reform everything is against him.

I believe the law of the survival of the fittest works against him. If he can stand to his guns and grin and bear for a little while, however, he will soon feel a sense of WINNING.

That will give him courage. If he backslides it will mean beginning all over again; but, if he grits his teeth and hangs on tight, the law which hindered him will relax and the law of good habit will begin to help.

Each day of continued grip will find him one day further from his old self, one day stronger, one day nearer to the formed habit.

Those early days are precious days and they are hard days. A pessimist is being converted into an optimist. A mistaken man is being transformed into a sensible fellow.

Yes, it takes time. Sudden conversions mean sudden convulsions, and your get-good-quick schemes are like your get-rich-quick schemes. They are the exceptions that prove the rule. It is admitted then that optimism is good and pessimism is bad; that the world needs optimists to brighten

The Great Fire Sale at the HAT SHOP

is a fortunate thing for many women

Women who appreciate the economy and common sense shown in attending a great fire sale like this should not fail to come Monday and select a hat at less than one-third what the ordinary retail price would be.

Thousands of Dollars Worth of New Spring Hats

are included in these great offerings.

Hats showing absolutely no signs of damage, worth up to \$3 and \$5, this sale 49c going at . . . .

Trimmed Hats, all styles, not noticeably damaged, worth up to \$10, this sale 98c only . . . . .

Slightly Damaged Hats, 10c up.

Come Monday and Save Two-Thirds of Your Hat Money.

E. GREENBLATT THE HAT SHOP 10 E. Intendencia

and cheer it and make it feel good; that optimism and pessimism are the results of habit; that the way of the transgressor is hard (and we are all of us transgressors at times); that the overcoming of a bad habit and the forming of a good habit takes considerable time, is very hard at the start but becomes easier each day because the old habit loses its pull and the new habit gets stronger.

You can amuse yourself testing habit by keeping your money in your left pocket for a week or two and then changing to your right pocket. You'll find your left hand groping away in that empty pocket and you'll have cold chills running up and down your spine in sudden panic that you've been "touched," until you remember that other confounded pocket with a sigh of relief.

Of course this only applies to those who have pockets and money. Those who have neither must just set to work to get both so that they can try it, for they are the ones this article is especially written for.

Now a final word concerning the uses of optimism.

Of course optimism is a branch of philosophy; and no kind of philosophy is worth a cent unless it is put to practical use.

Trouble time is test time. Studying philosophy is like preparing for war in time of peace. If troubles ceased philosophy would cease.

Hence acquiring optimism means preparing for trouble.

We have all heard that clever little sentence, "never trouble trouble till troubles trouble you," but wise men take the precaution to be always prepared for trouble.

We have also heard that our greatest troubles are those which never come; the trouble consisting of fear of the coming.

Fear is a destroyer of energy, and he who spends his energy fearing trouble will have no energy to meet it when it comes.

The optimist escapes all that. He has formed the habit of looking for the silver lining; and, no matter how dark the cloud, he invariably sees the bright side.

Habit helps him and prevents fear from hindering him. He is the man who wins out whilst others go under in a crisis. His habitual brightness renders him capable whilst others become crushed and incapable. It is the optimist who leads the forlorn hope, and if he fails it is because the pessimists stand in his way. I would rather be an optimist and mistaken than a pessimist and right. I would rather live in a fool's paradise than a too-wise hell. Pessimism means a life of misery. Optimism means hopefulness, strength to fight adversity and never say die and it conduces to LONG LIFE, HEALTH AND PROSPERITY.

Daniel Out-Danieled. Andrew's grandmother had been telling him Bible stories, his favorite being that of Daniel in the lion's den. At the age of four he was taken to a circus for the first time. When the lion tamer put his head into the lion's mouth Andrew's excitement knew no bounds. Jumping up and down he gleefully screamed: "Say, that knocks the spots off Daniel!"

FOUR BARRELS OF HONEY BEES

Among the several items of cargo aboard the Spanish steamship Ida, which cleared and sailed yesterday for Liverpool, were four barrels of honey bees, which were taken aboard the steamer at a Cuban port. They are being carried to a dealer in England. Other items aboard the steamer were two cases of lace samples and 1,255 mahogany boards.

Monday and Tuesday Special Sale of High Shoes for Ladies and Children

Ladies' Shoes

In patents, gun metal, tan, vici and velvet—new stock, good lasts and patterns:

Table with 2 columns: Value and Price. \$4.00 values - \$3.15, 3.50 values - 2.90, 3.00 values - 2.50, 2.50 values - 1.95, 2.00 values - 1.60

Children's Shoes

Table with 2 columns: Value and Price. \$2.50 values - \$1.95, 2.00 values - 1.60, 1.75 values - 1.30, 1.50 values - 1.25, 1.25 values - .95, 1.00 values - .89

(Scuffer shoes not included in above prices.)

One special lot of Children's Shoes, \$1.25 to \$1.50 values 95c

Bon Marche

Where is That Coupon? Right Here. Cut It Out! COUPON Save it for a Copy of THE PANAMA CANAL by Frederic J. Haskin. The Pensacola Journal February 15, 1914. Colonel Goethals says: "Accurate and Dependable" HOW TO GET THIS BOOK On account of the educational value and patriotic appeal of this book, The Pensacola Journal has arranged with Mr. Haskin to distribute a limited edition among its readers for the mere cost of production and handling. It is bound in heavy cloth. It contains 400 pages, 100 illustrations and diagrams, an index, and two maps (one of them a beautiful bird's-eye view of the Canal Zone in four colors). IT IS ACTUALLY a \$2.00 VALUE. Cut the above coupon from six consecutive issues of the paper, present them with 50 cents at our office, and a copy of the book is yours. Fifteen cents extra if sent by mail. OUR GUARANTEE: This is not a money-making scheme. The Pensacola Journal will not make a penny of profit from this campaign. It has undertaken the distribution of this book solely because of its educational merit and whatever benefit there is to be derived from the good will of those who profit from our offer. The Pensacola Journal will cheerfully refund the price of the book to any purchaser who is not satisfied with it. PRESENT SIX COUPONS OF CONSECUTIVE DATES FIFTEEN CENTS EXTRA IF SENT BY MAIL.

ONLY ONE "Bromo Quinine," that is Laxative Bromo Quinine Cures a Cold in One Day, Grip in 2 Days E. W. Groves on box 25c.

For Protection. A small boy had been vaccinated, and after the operation the doctor prepared to bandage the sore arm, but the boy objected.