

THE BIG STONE GAP POST.

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GILBERT N. KNIGHT, - Editor.

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SUBSCRIBERS are earnestly requested to observe the date printed on their address slips, which will keep them at all times posted as to the date of the expiration of their subscription. Prompt and timely attention to this request will save all parties a great deal of annoyance.

There are about eighty operations in the manufacture of a gold pen.

New York City has the largest electrical sign in the world. It is 261 feet long and contains 3,916 lamps.

The Czar of Russia rides a bicycle, plays tennis and bowls ninepins. He is also an excellent swimmer.

A clean town attracts attention whenever and wherever it is seen. A dirty one catches the public eye in even less time.

The floods during the month of July were the worst ever known in this country. All of the southern states were suffered.

Rich deposits of silver have been struck in the Osborne lead and zinc mine, twenty miles west of Lebanon, in Russell County, says the Lebanon News. Two car loads recently shipped to a smelter yielded a little more than \$6,700.

The national campaign is well under way, but because of the universal interest in the border situation many people are giving the respective candidates scarcely a passing thought. Newspapers are relegating them and their doings to the inside pages, while the full force of the limelight is focused upon Mexico and the troops on our own side of the border. It is hard lives for the politicians, but the people, no doubt, will live through the distressing ordeal without loss of sleep or flesh.—Exchange.

Political mathematicians in Washington have figured out that Wilson will have to win only one fourth of the Progressive vote to insure his election. In the 1912 campaign Wilson polled approximately 6,000,000 votes; Roosevelt, 4,000,000; and Taft, 3,000,000. If Wilson gets 1,000,000 of the Progressive strength he will poll 7,000,000 votes to Hughes' 6,000,000. And, from the way independent Progressive leaders—not the Progressive politicians—are coming out for Wilson, there is reason to believe the Democratic candidate will get the necessary 1,000,000 votes.

Do you want to develop your muscles, and stimulate your appetite, and aid your digestion, and put more color in your face, and make yourself feel better all over generally and inside in particular? Thirty minutes exercise a day will do it. Go out into the garden. Use a hoe, or a spade, or any of the necessary tools to produce something to satisfy the appetite you will be creating. Use these tools and your brains at the same time, and in the end you will be better physically and brighter mentally and your table will be well supplied with edibles that have cost you nothing but the exercise every normal constitution demands.

Rio Grande Valley

A Most Healthy Country Says A Texas Paper.

Already the troops stationed in the Brownsville district are beginning to cause comment in the North and East and the same old cry that swept over the land in 1898 is being heard. People are beginning to start investigations into the conditions which exist in the Valley with a view of muck-raking. Politics are beginning to get in the movements of things along the border and a wail is going up about the poor boys on the border and the hardships they are having to contend with in the camps along the Rio Grande.

It is understood that the newspapers in the East have sent representatives to the border for the sole purpose of writing stories of how the men are being treated and how sickness and exposure abound in plenty.

The conditions along the border in the camps within the Brownsville District are today as perfect as can be made where a body of forty thousand men are gathered. The sanitary conditions are such that there is not the least possible danger of a repetition of what happened in 1898 while the men were being mobilized at Chicamauga and Miami.

The army officials have done everything in their power to make conditions such that there is very little danger of serious sickness in the camps. The camps have been selected with care in order that they might be properly drained. The militia, upon arrival in the Valley found their camp practically ready for occupancy. There is not one instance where the militia were compelled to camp in a low water-covered place. The camps, with plenty of good drinking water are prepared in advance for the members of the National Guard.

The camp sites were chosen and everything on the ground almost before the militia organization were mobilized in their home states. Shower baths have been installed in every camp or are being installed, sanitary conditions were looked into and everything arranged and made ready for the arrival of the different organizations.

The United States Army Quartermaster Corps worked day and night getting things in shape in order that there would be no delay when the soldiers arrived. The red tape, which prevailed in 1898 was done away with. Rations were on hand by the time the troops reached the Valley. Lumber was on the ground in many instances for building the cook shacks and the other necessary buildings.

The militia had very little to do upon their arrival except to pitch their tents and go into camp.

Some of the militia arrived in the Valley clothed in the heavy olive drab uniforms. The quartermaster corps got busy immediately and ordered cotton clothes for the boys. Some of these have arrived and many have been able to change to the more comfortable wearing apparel. The uniforms were ordered by express and came immediately. Food supplies were on the ground when the soldiers arrived and at no time since they reached the Valley have they been without food.

In 1898 there was so much red tape about army requisitions for food that in many instances a slight mistake caused a delay in the shipment of supplies for a week or more. In the Brownsville District this has been eliminated. Any

character of requisition is honored and when supplies were ordered by the different organizations the quartermaster corps was on the job and without any delay whatever, the rations were sent out.

Every soldier in camp has been thoroughly examined for sickness and has been inoculated for typhoid fever and vaccinated against smallpox. Regular army surgeons have visited the different camps and instructed the militia surgeons in the proper care of the camps and the means for keeping the camps in the best possible sanitary conditions.

The drills have been arranged in order that they will not work a hardship on the men. In fact the troops stationed in the Brownsville District are in a region that is as nearly free from any disease as any place can be made. The small sick list among the regular troops which have been stationed in this section for the past four years goes to show that there is very little sickness in the country.

A case of typhoid fever is very seldom heard of in this section of the country, and although there is always more or less of the disease where large bodies of men are gathered, the physicians do not fear an epidemic among the soldiers, with the proper sanitary conditions kept in evidence and strict compliance by the soldiers with the regulations prescribed by the physicians at the camps.

As rapidly as possible the soldiers are being supplied with cots and mosquito bars and crude oil is being placed on the water holes following the recent rains. Everything is being done to keep the men in the best of health and with the already healthy climate of the Valley, the danger of sickness among the soldiers will be eliminated to a great extent.

Of course a great deal depends on the soldier as to whether he will have good health or not. He must abide by the rules of sanitation and must keep regular hours. It will be impossible for the army physicians to keep a soldier in good health if he violates all the rules of nature and allows himself to get in bad condition.

Some of the soldiers have become dissatisfied at the conditions but this is to be expected. Some of them were ready to go home within a few hours after their arrival. It is true they have had considerable experience with rain and mud since their arrival, but it must be remembered that they arrived at the beginning of a rainy spell, but this will not last long and then it will be bright sunshine and flowers.

The regular army officers, and especially those connected with the quartermaster corps are to be commended for the manner they have handled the situation and with the wonderful climate of the Rio Grande Valley to aid them, the soldiers, by taking the proper care of themselves should not be in the least afraid of a serious epidemic throughout the district.

With plenty of good water that has been pronounced by eminent physicians as being healthy to drink, well located camp sites and the assistance from the regular army physicians, who have had experience in the country, there is no need for uneasiness among the people of the North and East who have sons along the border. There is no country in the world more healthy than the Lower Rio Grande Valley, so it is useless for some one in New York or Chicago to begin on the army officials for bringing the soldiers to a country infested with disease and pestilence.—Brownsville (Texas) Daily Sentinel.

Highland Park Union Sunday School.

Those who find Sunday afternoons lacking in interest and unbearably dull, should go out to Highland Park next Sunday afternoon at three o'clock and assist in the Union Sunday School, which is held in that beautiful spot every Sunday afternoon.

Over one hundred and twenty-five are now enrolled, and there are five classes taught by Mrs. Hoff, Miss Lula Moore, Miss Minnie Fox, Miss Cawood and R. E. Kennedy.

Miss Moore is the Superintendent, and a good one, but she, herself, does not think so, and would cheerfully resign in favor of any man who would be willing to help them out by accepting the place she now holds.

A hearty invitation is extended to all who are interested in doing work of this kind to come out and visit the Sunday School any and every Sunday, if possible.

NOTICE.

The United Daughters of the Confederacy will meet Wednesday afternoon, August the 9th at 4 o'clock with Miss Edna Gilly. This being the time for the election of officers a full attendance is desired. Secretary.

Birthday Party.

Miss Jane Peck, the attractive small daughter of Mr. and Mrs. W. R. Peck, of this place, celebrated her fifth birthday Monday, July 31, with a party to which about twenty five of her small friends were invited.

Games were played with much merriment on the part of the happy youngsters, and afterwards, they were invited into the dining-room where a big, white birthday-cake with five pink candles, other pink candles in crystal candlesticks, and tiny pink baskets of mints, serving as favors, carried out a pretty color scheme of pink and white. Ice cream and cake were served by Mrs. Peck, Sr., Mrs. W. R. Peck and Miss Maybelle Peck.

Locates in Bristol

A special from Bristol to the Roanoke Times announced the arrival in the border City of M. H. Maury, of Anniston, Ala., a brother-in-law of President Wilson. Mr. Maury has been made superintendent of the extensive mining interests of the Virginia Iron, Coal and Coke Company, the ten-million dollar corporation, headed by Henry K. McHarg, of New York. Mr. Maury is an experienced iron man, but in recent years has devoted his time to stock grazing interests near Bristol. He owns a large area of blue grass lands in Washington county, Va.

For Sale at Half Price.

Eight-room residence in Cadet. \$625 will buy this house if sold at once for cash.

R. B. Beatty, Crawford, Nebraska.

FOR SALE.

Eating House at Ball Ground. Bids for material in this building, as it stands, will be received in my office during this week. Terms Cash. Purchaser to remove building.

E. Drennen, President, Big Stone Gap Ath. Association.

BANKRUPT NOTICE.

In the District Court of the United States for the Western District of Virginia.

In the matter of R. G. Truitt Bankrupt.

IN BANKRUPTCY.

To the Creditors of R. G. Truitt, of Appalachia, in the County of Wise and District aforesaid, a Bankrupt:

Notice is hereby given that on the 11th day of July, A. D., 1916, the said R. G. Truitt was duly adjudicated bankrupt; and the first meeting of his creditors, will be held at my office, in Norton, Va., on the 9th day of August, A. D. 1916, at 10 o'clock in the forenoon, at which time the said creditors may attend, prove their claims, appoint a trustee, examine the bankrupt, and transact such other business as may properly come before said meeting.

John Roberts, Referee in Bankruptcy, Norton, Va.

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