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HEALTH TALK

NERVOUSNESS

The great mistake made in dealing with nervousness consists in drug treatment to hasten restoration of natural nerve function.

Where this error is followed it will cause shock to the nerves and defeat the efforts the natural forces of the body are all the time making to relieve the sufferer and give a rest to the already overstrained nerves.

Nervousness manifests itself in a good many ways. People are fussy, fidgety, weak, emaciated and diseased as a result of it. It gets hold to the system insidiously, and is expressed in varying degrees of intensity while developing through stages from minor to serious conditions.

Most people suffering from nervousness are poor eaters, their appetite is poor, their stomach is not in condition to properly take care of the food. Also, they are not heavy sleepers; they rarely get enough sleep at night, sometimes falling short several hours of the required amount. These two conditions of troubles are the key to most all forms of nervousness.

Now the stomach is the organ that must be first when considering treatment for nervousness, for with a good appetite and an increase in weight the trouble is bound to lessen.

Almost every patient taking Chiropractic adjustments reports an increase in appetite and better sleep at night, because, instead of treating symptoms, adjustments get right at the cause of trouble.

Whether you are young or old, sick or well, a course of spinal adjustments is the best investment you can make. The cost is small when compared with the benefit you will receive. Most every one has displaced vertebrae or small curvatures in their spine, which can be easily overcome by my method of adjustment and it will add years to your life.

Let me explain what adjustments will do for your case.
Consultation and examination FREE.

FRANK C. MIGHTON, D. C.

Tip Top Bldg., Lihue
Tel. 157 L.

Hours: 9-12, 3-6
excepting Sundays.

SCHOOL NOTES

Kauai High School

The students of Kauai high school are going to get out a school annual. This will be the first thing of the kind that has been attempted by this institution. It is only a theory, as yet; the idea being only a week old, but we feel confident that the student body is going to dive right into the thing with all the interest that could be desired. We hope that every one on Kauai will have a big interest in this undertaking. It will be a medium by which the high school and the people of the island will be brought into closer sympathy and understanding with each other. Without the cooperation of the people no school can live and grow. A high school is one of the biggest assets that a community can have. To show its appreciation of the struggles of a young institution to get to the top and be the best, the community should take an active interest in its welfare, and keep in touch with the things that it is doing. One way to do this is to read the annual, for in it will be recorded, by the students themselves, the activities of the school from its first year of life.

On Thursday and Friday of last week Mrs. Wood very kindly took charge of the commercial work.

Luck seems to be coming our way of late. Last week brought us our mathematics teacher, Mr. Townsend, and this week our commercial teacher, Miss McClellan, whom we had given up for lost, arrived. Our faculty is now complete, and the work is running along in good order. As soon as the domestic science building is completed, which, we hope, will be soon, we can settle down permanently to our year's work in perfect bliss.

The boys of the foot ball teams are very busy practicing for the big game on Armistice Day, while those not on the teams are practicing their yells and songs. A great deal of rivalry exists between the classes, and if something doesn't happen soon to decide the question of superiority between the teams, we are not going to be able to stand the suspense.

Lihue Grammar School.

On Monday November 1, Koloa school came over to play playground ball against our school. Lihue girls' Team won the game 13-5, and Lihue Boys' Team won with a score of 15-2. The boys and girls on the Koloa teams are good sports. They played a fast clean game and never lost their enthusiasm throughout. One thing in particular that we noticed was that Koloa played with a fine spirit to the end of the game. We are glad that we are going to play against them again on "Victory Day", November 11. It is going to be a most exciting game for both teams.

Mr. and Mrs. Hoag of Pasadena, California, visited our school Monday November 1st, and gave a psychological test in grades 5 to 8 inclusive. It was lots of fun.

We have cleared off a large space of hlahila on the new school yard, but it has grown so large now that we cannot pull it out by the roots. Mr. Middleton has promised to send some men to help us. We are glad, because the hlahila sticks our hands so. Instead of pulling hlahila, our teachers are going to teach us some folk dances, games and setting-up exercises. We will like this much better.

Last Friday our school reporters did not send in any news because we had no school.

The carpentry class has just completed eight typewriter tables for the commercial class of the night school. The new Underwood typewriters are here and Mrs. Wood of Lihue is conducting the commercial class.

Little Hazel Simpson, daughter of Mr. H. S. Simpson principal of the Lihue Grammar School, was doing her bit to coach for the Lihue teams—both boys and girls—to earn the game. There were also many other good coaches besides Hazel.

Hanamaulu School.

Monday afternoon at Hanamaulu, the boys and girls crossed bats with the boys and girls from the Huleia school. The girls went to bat first and the score was in favor of Hanamaulu. Then the boys had their turn and again the score was in Hanamaulu's favor. The games were much enjoyed by all who witnessed them. The Huleia boys and girls deserve much credit for the sportsmanlike way in which they took their defeat.

Mr. Pugh, vocational instructor for the Island, spoke very highly of the school garden and also of the school kitchen which has lately been established through the kindness of Mrs. Wm. Hyde Rice Sr.

Night school was opened this week with three classes. It will be held on two nights of the week—Tuesdays and Thursdays.

(Continued on Page 7)



KAUAI'S EMPORIUM

Reduction Sale, Reduction Sale.

In order that the people of Kauai may reap the benefit of

Any Market Changes

Which have taken place, and to Reduce our Stock, previous to inventory

We offer during the month of November

These liberal discounts in our

DRY GOODS DEPARTMENT

MENS' SILK SHIRTS.....	30%
" GOLF AND WORK SHIRTS (except Henda).....	15%
" SILK HOSIERY.....	25%
" COTTON AND LISLE HOSIERY.....	10%
" NECKWEAR.....	20%
" COLLARS.....	15%
" PAJAMAS AND NIGHTGOWNS.....	20%
" AND BOYS' HATS AND CAPS.....	20%
" AND BOYS' TROUSERS AND OVERALLS.....	15%
" "CROWN" ARMY SHIRTS.....	10%
" ARM BANDS, BELTS, GARTERS, SUSPENDERS.....	15%
BOYS' SUITS AND READY TO WEAR ARTICLES.....	20%
LADIES' SILK AND LACE WAISTS.....	30%
" MIDDIES AND MUSLIN WAISTS.....	25%
" SILK HOSIERY.....	25%
" COTTON AND LISLE HOSIERY.....	10%
" READY TO WEAR UNDERGARMENTS.....	20%
" AND GIRLS' TRIMMED HATS.....	25%
" AND GIRLS' COATS.....	25%
" AND GIRLS' DRESSES AND READY TO WEAR ARTICLES.....	20%
CHILD'S BONNETS, CAPS, BOOTIES.....	15%
DRESS GOODS (except Gingham, Flannelettes, Prints).....	20%
DRAPERIES, SCRIMS, CURTAIN GOODS.....	15%
RIBBONS, LACES AND EMBROIDERIES.....	25%
BATHING SUITS AND CAPS.....	15%
JEWELRY (except Watches) and HAIR ORNAMENTS.....	25%
GUITARS, UKULELES, VIOLINS.....	20%
PERFUMES, TOILET ARTICLES, POWDERS, CREAMS, TOILET SOAPS.....	10%
AND ON ALL	

Mens, Womens and Childrens Shoes in our SHOE DEPARTMENT

Bought by us prior to 1920

25 per cent

on

TRUNKS, SUITCASES, HANDBAGS

in our

HARDWARE DEPARTMENT

15 per cent

The above discounts apply also at our

HANAMAULU STORE

LIHUE STORE

KAUAI'S EMPORIUM