

Sensible Women Knew Foundation of Health

As health talks to women become more general, both in the newspapers and on the platform, the mass of women are beginning to realize what the more cultivated have always known, that good health cannot be found in a powder box. The external of health may be obtained in that way, but the basis of health lies deeper, and yet is just as easily obtained.

The most important thing that a woman can do for herself, and about which she is often most neglectful, is to watch the condition of her stomach and bowels. The weary eyes, the bad breath, the frequent headaches, the pimples, the general air of lassitude is nine times out of ten the result of constipation or indigestion, or both. Many simple remedies take Dr. Caldwell's Syrup Pepsin in the small dose prescribed. A brief use of it will so train the stomach and bowel muscles that all forms of medicine can be dispensed with.

RAILROADS ENTER AGREEMENT.

Will Abolish Interchangeable Mileage After May First.

The railroads of South Carolina have entered into an agreement to abolish interchangeable mileage books after May 1st of this year. After that date each railroad in the State will issue mileage books good only on its own lines.

The above is the gist of the following communication handed The Courier by Supt. J. R. Anderson, of the Blue Ridge railroad:

To the Public Traveling in South Carolina: Early in the year 1908, an arrangement was made between various railroads having lines in South Carolina and the authorities of various States in the South, including South Carolina, by which the railroads agreed to put in effect, as of April 1st, 1908, for a trial period, certain forms of mileage transportation, which may be generally described as follows:

First. Two-thousand-mile book, interchangeable with certain roads, at two cents per mile, good for heads of firms or employees, not exceeding a total number of five, the names to be furnished at the time of the purchase of the mileage book, and entered thereon.

Second. One-thousand-mile book, likewise interchangeable, at two cents per mile, good only in the hands of the purchaser, whose name should be furnished at the time of the purchase of the book and entered thereon.

Third. Five-hundred-mile book, good only for intrastate travel in South Carolina, at two and one-fourth cents per mile, good for heads of families and dependent members thereof, non-interchangeable, the names of the members of the family to be furnished at the time of the purchase of the mileage book and entered thereon.

All of these mileage books, with the exception of the 500-mile book, were interchangeable with a large number of other roads, both in the State of South Carolina and outside of the State, and were sold at the low rate of two cents per mile, while the regular passenger fare was two and one-half cents per mile.

In view of this very low price, and the fact that the mileage books were made interchangeable with a large number of other roads, each one of the participating carriers to honor the mileage transportation, notwithstanding the fact that the books might be sold by any one of the other participating carriers, either within the State of South Carolina or outside, and of the consequent necessity for regulations in order to protect the accounting of the various carriers and their revenues, certain regulations were adopted in respect to these mileage books, one of which was that the coupons should not be received on the train, but should be exchanged at a ticket office for a ticket covering the proposed journey, and in the same way that a person desiring to pay in cash for his ticket would procure it. There were many reasons for this, one of them being that in no other way could the accounting and revenues of the carriers be properly protected. If a regular ticket is sold by one carrier for a continuous journey over the lines of that road and the lines of another connecting carrier, a report is at once made by the carrier selling the ticket to the accounting department of the other participating carrier and a charge is thereby created at once against the carrier selling the ticket, which must be paid by it whether the ticket is ever presented or not. If the coupon from such a ticket, after being taken up by the carrier which did not sell the ticket, is lost, the report from the carrier which did sell the ticket would be authority for the collecting from it of the amount due for this service notwithstanding the loss of the coupon.

On the other hand, when a mileage book is sold by one carrier, good over the lines of that carrier and

dies can be obtained, but the best in the estimation of most women is Dr. Caldwell's Syrup Pepsin. It is mild, pleasant to the taste and exactly suited to her needs. It is far superior to salts, cathartic pills, waters, etc., which are entirely too violent.

Women should see to it that they have at least one movement of the bowels each day, and when showing any tendency to constipation should take these opinions are voiced by thousands of women, after personal experience, among them Viola Caper, Covington, Ga., and Mrs. E. E. Brewer, Central, S. C.

Any one wishing to make a trial of this remedy before buying it in the regular way of a druggist at fifty cents or one dollar a large bottle (family size) can have a sample bottle sent to the home free of charge by simply addressing Dr. W. B. Caldwell, 405 Washington street, Monticello, Ill. Your name and address on a postal card will do.

others, it is not known at the time of the purchase on what lines of railroad the coupons will be used, and therefore no report, which would afford a basis of charge, can be made to the auditing offices of the other carrier. Consequently, the only method of collecting the revenue due for service by a carrier which did not sell the book would be the coupons taken from the book, and if these be lost the whole of its revenue would be gone. As these coupons are easily lost, the regulation in question was considered by the carriers as entirely reasonable and as amply justified. Moreover, unless a ticket, as contra-distinguished from a mileage book, were presented when baggage is checked, no means would be afforded the carrier of safeguarding the checking of baggage, as is required by law, by the route which the traveler would ultimately take and to the proper destination.

There were also other reasons, not necessary here to be detailed, which were considered by the carriers as amply supporting and justifying the regulation as applied to all classes of mileage books, whether interchangeable or not.

Opposition, however, was made to this regulation by certain members of the Associations of Commercial Travelers in South Carolina, and this opposition resulted, at the last session of the South Carolina Legislature, in the adoption of a statute as follows:

"Be it enacted by the General Assembly of the State of South Carolina:

"Sec. 1. That any railroad company selling mileage books for transportation is hereby required to receive coupons from mileage books sold by said railway company on its trains for transportation within the State, and to check baggage for passengers upon presentation of said mileage book.

"Sec. 2. This act shall go into effect May 1st, 1912."

It will be observed that the requirements of this statute are simply that the railroad selling the book shall receive, on its own trains, for transportation coupons out of books which it sells, and that the statute covers only intrastate transportation in South Carolina.

The fact that the statute does not attempt to make a requirement that one railroad company shall accept on its trains coupons from an interchangeable book sold by another railroad, is doubtless due to a realization, inasmuch as these interchangeable mileage books are voluntarily issued by the railroads, are participated in by many carriers (about 52 in number), many of which have no lines at all in South Carolina, and inasmuch as the South Carolina lines could not, without a breach of contract with the participating lines outside of the State, accept coupons from these interchangeable books on their trains, that no statute of South Carolina could extend beyond the limits of the State to reach these other carriers and control their methods and regulations. The fact that the South Carolina statute is in terms confined to transportation due to a realization of the fact that no statute of South

Foley's Kidney Pills

What They Will Do for You

They will cure your backache, strengthen your kidneys, correct urinary irregularities, build up the worn out tissues, and eliminate the excess uric acid that causes rheumatism. Prevent Bright's Disease and Diabates, and restore health and strength. Refuse substitutes.

J. W. BELL, WALTHALLA, S. C.

Carolina can control the regulations adopted in respect to inter-state travel, that being a matter entirely under the ultimate control of the Interstate Commerce Commission.

The above recital is made for the purpose of pointing out, with some precision, the understanding of the carriers in respect to the scope of the South Carolina statute. From this recital it will likewise be seen that it is manifestly impossible for carriers having lines in South Carolina to preserve the interchangeable feature of the mileage books and at the same time accept mileage coupons from these interchangeable books on their trains, without a breach of their agreement with the other participating carriers outside of South Carolina, and that consequently, if the interchangeable feature of these mileage books is to be preserved in South Carolina at all, they must be restricted to apply to the traffic not covered by the State of South Carolina, which, as above stated, embraces only intrastate travel within that State.

While the carriers operating lines in South Carolina regard the requirements of the statute, even as applied to intrastate travel, within that State, as invalid, because unreasonable and abridging their right of reasonable and proper management and regulations, and for other reasons, they have determined not to be actuated or controlled by a controversial spirit, but to put into effect a system of intrastate mileage books in accordance with the statute of South Carolina, reserving, however, the right of testing the validity of the statute by a suit begun in the State courts of South Carolina. The system to be kept in effect, however, until the validity of the requirement is authoritatively determined.

In the regulations about to be stated, governing the system to be inaugurated in obedience to the South Carolina statute, it will be observed that a new 1,000 mile book is to be sold at exactly the same price and the same rate per mile as the present interchangeable 1,000 mile book, but is to be confined to intrastate travel in South Carolina, and is to be non-interchangeable for reasons hereinbefore stated, while the interchangeable book, so far as South Carolina is concerned, is to be confined to interstate travel between points in South Carolina, and points in other States.

Regulations in respect to this matter, effective May 1st, 1912, will, until further ordered, be as follows:

There will be issued a new 1,000 mile book, at two cents per mile, good only on the trains of the railroad issuing it, and good only within the State South Carolina, and not good for an interstate journey, even for the part within the State of South Carolina, of an interstate journey, and such books will not be interchangeable with any other railroad, but will be good only over the line issuing them. Each railroad thus issuing mileage tickets in South Carolina will sell this new form of 1,000 mile tickets for its own individual line.

The existing forms of interchangeable mileage books, (viz., Forms Z and Z. Z. and S. I. M. and also Penny Scrip.) being interstate forms of transportation and interchangeable, cannot be used under regulations different from those to which all of the carriers have agreed, without the unanimous concurrence of all the participating carriers, including those having no lines in South Carolina, and, therefore, the South Carolina railroads issuing mileage books, find themselves required to write into the contract of these interchangeable mileage books, a clause reading as follows:

"Coupons from this book will not be accepted on trains, nor on and after May 1st, 1912, in exchange for tickets, for a journey wholly within the State of South Carolina."

This means that all these forms of interchangeable transportation will be good only for an interstate journey and will not be good for an intrastate journey in South Carolina, even when forming a part of an interstate journey.

All outstanding mileage books of these interchangeable and interstate forms, (viz., Forms Z, and Z. Z. and S. I. M. and also Penny Scrip, i. e., all of such tickets not otherwise stamped,) which have been issued prior to May 1st, 1912, will continue on and after May 1st, 1912, to enjoy the privileges of intrastate journeys in the State of South Carolina by conforming to the original contract of the ticket under which they were sold, viz., by exchange of these specific interchangeable and interstate forms or mileage books at the ticket offices for passage tickets before boarding the trains of the lines in South Carolina. In other words, the railroads of South Carolina will carry out the contract conditions under which these forms of mileage books were sold.

In further accordance with the new law, the railroads of South Carolina issuing the 500-mile family

Use 1/4 less EAGLE-THISTLE SODA



It is so **FRESH** and **PURE** that **YOU USE ONE-FOURTH LESS** than with other brands. You save money. You get better results.

EAGLE-THISTLE SODA

is packed right where it is made (the only soda factory in the South), and comes to you in sealed, air-tight, strength-keeping cartons—fresh and pure.

16 Full Ounces to the Pound.

And no higher in price

SPECIAL

For a Limited Time Only.

Cut out the top from six Eagle-Thistle packages and enclose with coupon shown below and 58c to partially cover expense, and we will send you promptly, **all charges prepaid**, one set (6) Rogers' Guaranteed Silver Plated Teaspoons.

These spoons are beautiful in design and bear no advertising. Retail value \$2.00 per dozen.

All good grocers carry our soda.

THE MATHIESON ALKALI WORKS, Saltsville, Va.

I enclose the tops cut from 6 Eagle-Thistle packages, also Money Order (or stamps) for 58c. Please send me, **all charges prepaid**, one set (6) Rogers' Guaranteed Genuine Silver Plated Teaspoons.

Miss (or) Mrs.

P. O.

County.....

State.....

book will honor these books, which are exclusively intrastate forms of transportation, on the trains. The checking of baggage will necessarily and consequently be governed by the same conditions and regulations as govern the honoring of all the above mentioned mileage books of different kinds, as specified by the railroads of this State.

Atlantic Coast Line Railroad; R. A. Branch, Fourth Vice President.

Columbia, Newberry and Laurens and Charleston and Western Carolina Railway; W. J. Craig, Passenger Traffic Manager.

Seaboard Air Line Railway, and Raleigh and Charleston Railroad; C. R. Caples, Vice President.

Carolina, Clinchfield and Ohio Railway, and Carolina, Clinchfield and Ohio Railway of South Carolina; J. I. Campion, Vice President and Traffic Manager.

South Carolina Railway Company; J. M. Culp, Vice President.

Blue Ridge Railway; J. R. Anderson, Superintendent.

Mountain Rest Dots.

Mountain Rest, April 22—Special: Passengers in this section are getting badly behind with their work on account of the continued bad weather. A. M. Brown is sawing lumber for the people in this section.

Double Springs Sunday school is getting along very nicely. W. C. Lyles has charge of the school since his return.

Elijah Gillison has moved to Georgia. We regret his departure. DeWitt Pell has made great improvements on his place in the past year.

Rural Carrier Suicides.

Lawrenceville, Ga., April 25.—Word came to Lawrenceville about 10 o'clock Tuesday morning that Elder Cole, a rural mail carrier, of Liburn, Ga., had committed suicide by shooting himself with a pistol. It is reported that the carrier, while on his trip Monday, lost a considerable portion of his mail, which was picked up and returned to him or the post office Tuesday morning just before he was to go out on his daily trip.

He was so mortified at the occurrence, it is said, he stepped into an adjoining room, placed the pistol to his head and fired, death ensuing almost instantly.

most instantly. Mr. Cole had, previous to his entrance into the governmental service, been a school teacher and was popular in his community.

Mrs. Rose A. Freeman, Clifford, Va., says they have long used Foley's remedies and want to say a good word for them. She writes: "Foley Kidney Pills cured my husband of a long-standing kidney trouble, after he had taken other medicines without relief. We would not be without Foley & Co.'s medicines in our house for many times their cost." J. W. Bell.

Many a man is dissatisfied with his lot because it is too near his neighbor's.

Girls at the Age of Womanhood

When girls arrive at the age when nature must assert itself the general health of the body must be good or there is grave danger that disease will appear which will disastrously affect their entire lives. It is called the critical time in a girl's life, and it is the duty of every mother to see that the conditions are right. Where there is any departure from health the trouble should be given immediate attention. The symptoms usually are: languidness, a pale, colorless complexion, dull eyes, bad breath, poor appetite, constipation and a weakened state of the nerves. At such times the remedy needed is

DR. SIMMONS

Squaw Vine Wine

It is a woman's remedy. Especially adapted to strengthen the female organism and assist the development which nature is striving to bring about. It puts an end to nervousness, headaches, sickness of the stomach and establishes healthy regularity. When this stage is safely passed, natural conditions speedily return; the pale face takes on color, the eyes become bright, the breath sweet, the mind clears of melancholy, and the weakened body becomes strong and robust.

Sold by Druggists and Dealers. Price \$1.00 Per Bottle.

C. F. SIMMONS MEDICINE CO., ST. LOUIS, MISSOURI

SOLD AT BELL'S DRUG STORE, WALTHALLA, S. C.