

**STOCKYARDS MUST GO
IF WE HOPE TO LIVE
TO GOOD RIPE AGE**

London, Nov. 15.—"If Americans want to stay young and live a century they must rid themselves of Chicago's meat industry. Chicago is the curse of America. Her meat products shorten the lives of Americans by decades. By that I mean that people who want to live a century must not eat meat—especially the highly proteid meats as produced by Chicago."

Dr. Josiah Oldfield, England's "youngest" man—he is nearly 90—laid down this rule today when he told me the secret of perpetual youth. Dr. Oldfield is the most remarkable young old man in England. He hasn't reached his great age—in years—by accident, but as a result of a carefully planned and carefully lived life.

When I saw him this afternoon he had just returned home from a long country hike, dressed in a rough tweed coat and military breeches. He was formerly a colonel in the British army, served four years during the war, mostly on horseback.

He wore golf stockings, mud-covered boots and gloves, and carried a walking stick. He wore no hat. He is in charge of the only fruitarian hospital in the world—Lady Margaret's hospital at Bromley, Kent, 20 miles southeast of London, which he founded in 1903. The hospital numbers among its patrons and patronesses many of the most widely known persons in Britain. Dr. Oldfield started his system of "right living" when an under-graduate of Oxford, and has kept it up ever since.

Ruddy cheeked, clear eyed, quick stepping, lithe, and muscular, he stamped into the room redolent with the freshness of the Kent countryside with him.

"Pretty good for an old man of nearly a hundred, what?" he asked smilingly. "So you want me to tell Americans how to live long, eh?"

"Tell them to wipe out Chicago's stock yards first, but at the same time I don't want to tell people how to live long if they are going to do harm; I would rather they died young—many would want to perpetuate the excesses of youth."

"Seriously the whole secret of perpetual youth is a complete supply of food to all the cells of the body, combined with ridding the cells of all waste matter."

"To accomplish this, you must first cut out food giving excess proteids and cut down cereals, including bread, and eat less sodium or common salts. Second, eat plentifully of food containing potassium salts. You will find these in all kinds of salads."

"Water cress is one of the best elixirs of life. Consume more organic acids which are best obtained from grapes, raisins, oranges, apples and citrons. Acids remove waste from the

arteries, soften them and reopen the blood vessels. Any man showing signs of old age should take three months of this diet and he would become young again.

"Lastly, eat raw scallions, garlic, and onions—the greater intestinal cell antiseptics in the world without being destructive like drugs. They will cure the most malignant skin and blood disease known. Two ounces of garlic daily is the greatest preventative of old age. Another great fault of mankind is that all drink too much. I don't mean alcoholic beverages, but too much water, tea, coffee and milk, besides beer, wine and spirits. It isn't what is drunk but how much. Too much fluid lessens a man's power of resistance.

"For instance, things growing wet develop rapidly and then die. Look at the water lily. Things in dry places

take longer to mature, are healthier and live longer. Look at the oak. The same principles apply to human beings."

"I am not for prohibition—I believe in wine and beer. Every man and woman of more than fifty should have a glass of wine daily; it dilates the capillaries of the bodies, preventing the closing of the blood vessels. A glass of beer daily helps a person after forty. Hard drink is wholly bad. I am against alcohol in any form for anyone under forty; it is unnecessary.

"Getting drunk once a month does not hurt—eating the greatest steak once a week does not hurt—but the steady drinker and meat eater wears down the body's vitality, fills his cells with waste matter and hardens the arteries.

"My view is that man should gradually increase his strength and sta-

mina building up all his vital powers until he is thirty. The next forty years should see a gradual decline of the physical and mental powers combined with increasing perception of the spiritual mysteries.

"At the age of 100 to 120 man should painlessly, quietly and restfully pass on to his new sphere of birth, starting again where the body is not needed."

"Theoretically a man, if he followed out these suggestions, could live forever—keeping the cells of the body young and virile. Practically, however, it is extremely difficult because man refuses to live according to rule—simple as these rules are. The amoeba, the lowest form of a single cell, lives forever. Man can do the same."

"STOP THEFT"

The following machine was stolen Saturday evening, November 8th: Chevrolet 490; touring, black body; license No. 5544; city 153; car No. 261708; motor No. 79608; four Good-year, one Ajax; oversize steering wheel; Dodge hood, clamps. Notify Twin-City Sentinel, Winston-Salem, N. C.

Easier Now Than Later.

It is easier to break up a cold or check a cough now than it will be later. Persistent coughs that "hang on" all winter pave the way for serious throat and lung diseases. L. W. Day, 65 Campbell Av., E., Detroit, Mich., writes: Foleys Honey and Tar relieves one of bronchitis very quickly." Sold everywhere.

**THAT CHANGE IN
WOMAN'S LIFE**

**Mrs. Godden Tells How It
May be Passed in Safety
and Comfort.**

Fremont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change—heat flashes, nervousness, and was in a general run down condition, so it was hard for me to do my work. Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared."—Mrs. M. GODDEN, 925 Napoleon St., Fremont, Ohio.




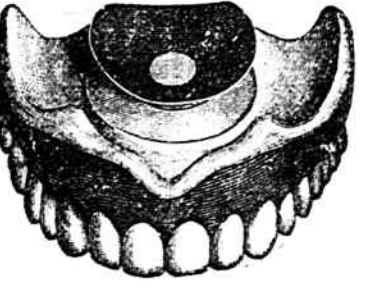
Such annoying symptoms as heat flashes, nervousness, backache, headache, irritability and "the blues," may be speedily overcome and the system restored to normal conditions by this famous root and herb remedy Lydia E. Pinkham's Vegetable Compound.

If any complications present themselves write the Pinkham Medicine Co., Lynn, Mass., for suggestions how to overcome them. The result of forty years experience is at your service and your letter held in strict confidence.


The Fashion Shop
Columbia's exclusive millinery shop now showing New York and Paris fall and winter fashions. See us before you buy.
We Trim Old Hats at Small Cost
The Fashion Shop
Corner Main and Lady St. Phone 2272
The Proprietor is a Lexingtonian and Would like a Share of Lexington County Trade

The Rose-Mary Tea Room
HOURS:
Dinner - - - - 12 to 3
Supper - - - - 5:30 to 8
1222 WASHINGTON STREET
MARY A. WELLS

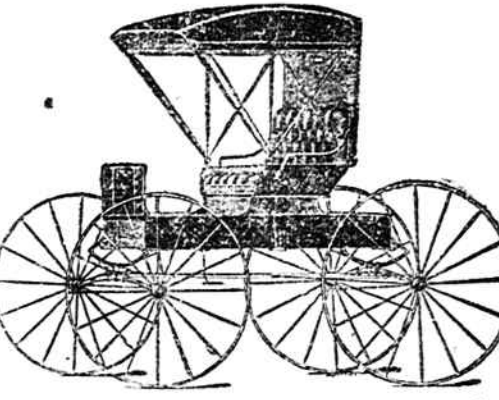
It is necessary for your good health to have your **TEETH** in good condition
We have 
Only the Most Modern Methods Employed
MY FRANK AND OPEN METHODS APPEAL.
Come to my office. I will examine your teeth without charge, show you just what can be done, and tell you what it will cost.
Special Prices for next 15 Days.
Dr. Barnhill, Dentist.
The CROWN and BRIDGE Specialist
1615 Main Street, - - - Columbia, S. C.
Phone 2426J Over Lever's Shoe Store.

ABSOLUTELY PAINLESS

By modern methods we will Remove Teeth, Liver Nerves, or fill the most sensitive cavities without Pain or Bad After Effects.
Special Attention Paid to Out of Town Patients
Baltimore Dental Parlors
1329 1-2 Main St. COLUMBIA, S. C. Phone 586
Look for Large Electric Sign and Moving Dental Exhibit at Stairs.
Hours 8 to 8. Sundays 10 to 3

PROFESSIONAL CARDS
J. A. CLIFTON M. D. SPECIALIST
In diseases of the eye, ear nose and throat in Saluda on Monday and in Batesburg Tuesday with Dr. Mitchell.
J. FRANK KNEECE
Real Estate and Insurance
BATESBURG, S. C.
Dr. H. L. GREGORY,
Veterinary Surgeon.
Office 1306 Assembly Street,
Columbia, S. C.
Office Phone 1342
Residence Phone 2754

P. J. O'NEILL, M. D.

My office is specially and completely equipped to treat diseases of Stomach, Kidney and Bladder, Nerves and Skin, Rectal Conditions, Piles (Treated Painlessly Without Operation.)
What You Want to Know: Can you be cured? How long will it take? Will it be permanent? What will it cost? Consult me FREE.
Special effort is made to avoid unnecessary delay in handing out of town cases.
I am individually in charge of my office, having no medical assistants or associates. Therefore your case if placed in my hands, receives direct attention and you achieve results as rapidly as possible under high class treatment.
I personally examine every patient thoroughly, using X-Ray when necessary.
Hours: 9 a. m. to 7 p. m. Sundays 10 to 2.
Suite No. 7 Carolina National Bank Building
Cor. Main and Washington Sts. COLUMBIA, S. C.

Dr. BARNHILL
DENTIST,
The Crown and Bridge Specialist
1615 Main St., Columbia, S. C.
Over Lever's Shoe Store
Phone 2149
Dr. C. T. BROOKS
Dentist
1434 Main St., Columbia, S. C.
Phone 447
DR. H. W. WALL
DENTIST,
1316 Main Street, COLUMBIA, S. C.
Office Hours: 9 to 1:30—2:30

Buggies, Wagons, Harness.
We Have a Splendid Line of Well Made Vehicles

Hackney Buggies
Washington Buggies
Columbus Buggies
Brown Buggies
Nissen Wagons
Old Hickory Wagons
Hackney Wagons
We have every style and size in above makes
Come in and see them on our floor
OUR GUARANTEE MEANS SOMETHING
Gregory-Conder Mule Co.
1115 Hampton St., - - - COLUMBIA, S. C.

DRS. BOOZER,
DENTIST,
Have returned to the 1500 block, 1542 Main street, Columbia, just across the street from their old stand.
DR. D. L. HALL, Dentist
COLUMBIA, S. C.
1626 MAIN STREET,
Office Hours: 8 A. M., to 5:30 P. M.
Cancer taken out by the root within nine or ten days without knife. Guaranteed never to come back.
S. P. Shumpert,
1200 Divine Street COLUMBIA, S. C.
DENTAL NOTICE.
S. G. RUTLEDGE, D. D. S.

Everything Sanitary At Reasonable Price
New Star Restaurant
---FOR---
LADIES AND GENTLEMEN
Open Day and All Night
Food of the Best Quality,
Prepared in the Highest Art.
Polite Attention with Quick Service.
Share of the public patronage is solicited, and a cordial welcome awaits the Lexington Folks.
1312 Main St., Phone 3151Ja Columbia, S. C.

I make a specialty of Crown and Bridge Work.
Office at Boozer old stand,
1515 Main St., Columbia, S. C.
E. J. BEST
Attorney and Councillor
203 2nd Floor, National Loan and Exchange Bank
Columbia, S. C.
Dr. TOOLE,
DENTIST,
1623 Main St., Columbia, S. C.

PRINCE ALBERT
the national joy smoke

Tippy red bags, tidy red tins, handsome pound and half-pound tin humidors—and that classy, practical pound crystal glass humidor with sponge moistener top that keeps the tobacco in such perfect condition.
Copyright 1919 by R. J. Reynolds Tobacco Co.
PUT it flush up to Prince Albert to produce more smoke happiness than you ever before collected! P. A.'s built to fit your smokeappetite like kids fit your hands! It has the firmest flavor and coolness and fragrance you ever ran against!
Just what a whale of joy Prince Albert really is you want to find out the double-quickest thing you do next. And, put it down how you could smoke P. A. for hours without tongue bite or parching. Our exclusive patented process cuts out bite and parch.
Realize what it would mean to get set with a joy's jimmy pipe or the papers every once and a while. And, puff to beat the cards! *Without a comeback!* Why, P. A. is so good you feel like you'd just have to eat that fragrant smoke!
R. J. Reynolds Tobacco Company, Winston-Salem, N. C.