

Discuss Old Age Recipe.

Solitary confinement in bed for two weeks to a month is a prescription offered as a solution of the problem of longevity that is engaging the attention of the medical circles of Chicago.

The idea has an English source, discussion of the theory now being general in the London medical world.

Among Chicago physicians opinions differ as to whether the idea is a good one to be observed and followed by every one.

"I agree," said Dr. John E. Owens, chief of the medical board of St. Luke's Hospital, "that two to four weeks' rest once a year would have a beneficial effect on a harassed and worried nervous system, and would undoubtedly induce a longer period of life in the individual undergoing it."

A collateral theory of the London idea is that many men subject themselves to a wasteful waste of energy by exercise. It is contended that mental and bodily energy are so closely related that when the man who does considerable brain work takes a long walk or other form of exercise, he, instead of recuperating, draws further upon his vital resources.

"In this," said Dr. W. A. Evans, pathologist of the College of Physicians and Surgeons, yesterday, "there can be no general truth. It is true that some men are so exhausted by arduous and continued brain work that physical exercise immediately following cessation from such labor would work actual harm. It is but infrequently, however, that such conditions prevail. As a rule, a long walk or other exercise in the open air after mental or nervous strain leaves such a good feeling that it is absurd to believe such exercise is not of benefit."

"A moderate degree of rest undoubtedly would benefit any one," said Dr. Harold N. Moyer, "but I think it would make the average man sick to lay in bed three weeks. I understand Dr. Playfair gives his patients a massage treatment while they are undergoing the rest cure, and this would have a tendency to counteract the restlessness that I believe would come to the average man from enforced confinement."

"The idea is practically the 'rest cure' theory," said Christina P. Forsythe, "only the rest cures does not enforce solitary confinement, nor does it advocate the idea as a prescription for people apparently in good health. The 'solitary confinement' feature is a new one. Whether it is really a solution of the secret of longevity or not I could not attempt to advance an opinion upon, even from my experience."

"Solitary confinement in bed for a short period each year might prove the secret of longevity," said Dr. Sanger Brown, "but it would take some years' trial to demonstrate it. Personally, I do not think it would prove a good rule for every one to follow. People of nervous dispositions could not stand it. The accompanying idea that exercise induces an unnecessary waste of energy in a brain worker is, I think, an erroneous one."

The solitary confinement treatment as a means of solving the problem of longevity, said Dr. E. Fletcher Ingalls, might apply in certain cases to a certain beneficial extent. He advanced the opinion, however, that it was nothing more than another of a late number of medical fads, and asserted a disbelief that it would be advocated as a good idea for Chicagoans to take up.

"It is a cure that will appeal more to the English temperament than to the American," said Dr. Frances Dickinson, when she read the London physician's opinion, "What is the purpose of attaining longevity if to no other end than spending a few more years here. There are a great many people of the opinion that it's of more consequence to get activity while we are here."

Holmes Smith, "I am not looking for extreme old age. If that were the important thing we might accomplish far less and add to our years. I am not inclined to agree with the theory that physical exercise exhausts energy that might be expressed mentally. The theory we are working on now is that the mental and physical vigor are both best developed and most efficient when they go together."—Chicago Tribune.

A Judge's Test.

Judge Cooper, of Shelbyville, Tenn., has one of the most powerful personalities of the middle South. He was a great figure during the Civil War, a fine speaker after the war, and has been a notable judge during the later years of his life. To know Judge Cooper of Tennessee is at once to know all that is best and most interesting of the life of the great frontier State. His fund of anecdote is without limit; his hospitality for half a century has been unbounded. He has often been urged to write a book that should deal with the reminiscences of the Southern judge, and give to the world a brilliant historical picture of the intensely interesting legal and political life of that South which he has known in so many phases.

Judge Cooper has a powerful figure as well as mentality. His head is of dimensions rare among men. It has the breadth and length that folks want in their great men. He is proud of his head, and it was his proud throughout Tennessee that Judge Cooper required a similar head on the man who should win his daughter's hand.

Miss Cooper was a belle and many men paid court to her at the fine old home in Shelbyville. Whenever a young cavalier became frequent in his attentions the Judge would mark that young man when he came in, then slip out into the hall, take the man's hat from the rack and try it on his head. The next morning he would say to his daughter:

"You needn't be falling in love with that young man, because his hat doesn't fit my head, and you can't have him." He was fully determined that no small-headed man should win his daughter, for he didn't believe any good could come out of a small head.

A few years passed and none of the hats that hung so frequently in the Cooper hall would go on the head of the hospital host. The joke on these young men quickly spread over Tennessee. It was openly said that no man with a small head need present himself as a suitor for Miss Cooper's hand.

At last Shelbyville knew that one man was getting all Miss Cooper's smiles. He was a South Carolinian of gigantic proportions.

He called one night and the judge found them sitting on a moonlit piazza. He went straight to the hall-rack and tried on the man's hat. It fitted.

He told the fact to his daughter the next morning. "I am already engaged to him," she answered with the independence of the Southern girl.

The man in the case was Dr. Thomas A. Hoyt, pastor of the Chambers-Wylie Memorial church, of Philadelphia, and one of the powerful personalities in the Presbyterian church. —Saturday Evening Post.

You Know What You Are Taking

When you take Grove's Tasteless Chill Tonic because the formula is plainly printed on every bottle showing that it is simply Iron and Quinine in a tasteless form. No Cure, No Pay. 50c.

A clergyman, on entering a country store not long ago, opened the door just in time to hear a man remark very emphatically, "The devil"—"Ah-er-oh-elder, I didn't know you were here," was the man's remark. "No apology is needed," was the reply: "he is no friend of mine."

When you need a soothing and healing antiseptic application for any purpose, use the original DeWitt's Witch Hazel Salve, a well known cure for piles and skin diseases. Beware of counterfeits. Evans' Pharmacy.

"I can always tell when my husband has been drinking," said a young wife. "Yes," said another young wife. "Yes, I know it the moment he kisses me." "I can also tell when my husband has been drinking," said the other. "Yes," "When he doesn't kiss me."

The Best Prescription For Malaria Chills and Fever is a bottle of Grove's Tasteless Chill Tonic. It is simply iron and quinine in a tasteless form. No cure, No pay. Price 50c.

It is stated as a fact that a gentleman out West had five daughters who married, respectively, Mr. Poore, Mr. Little, Mr. Short, Mr. Brown and Mr. Hogg. The gentleman told that his stock in the son-in-law line was a "Poor, Little, Short, Brown Hogg."

It rather disgusted a Vermont man who went to a neighbor's farm to steal a cow to find that when he got home that it was his own cow which his neighbor had stolen earlier in the night.

Prickly Ash Bitters cures the kidneys, regulates the liver and purifies the bowels. A valuable system tonic. Evans' Pharmacy.

"For my part," said Dr. Julia

Reorganizations Cost Money.

Financial Chronicle, Dec. 1.

In a decision rendered this week the Interstate Commerce Commission has thrown off all disguise and has revealed the animus which is controlling its course and action. The framers of the Interstate intended that the Commission should act in an impartial manner, deciding cases before it strictly in accordance with their merits. The Board has from the first acted as if it were the champion of the shippers, and as if its chief function consisted in harassing and embarrassing the railroads and ruling against them when occasion offered. But while the Commission does not know all this it is inexorably ignorant on a most important subject, coming directly within its province. And what benefits have the security-holders who came in under the reorganization scheme received thus far? They have had no dividends upon their holdings of common stock, and to-day, 6 1/2 years after the reorganization, they find these shares quoted in the market at the insignificant figure of 17. When, therefore, the managers of the company sought to protect these shareholders against the action of the Interstate Commerce Commission in threatening a large reduction of the company's revenues, they were evidently doing only their duty. The Commission in denying the request for a rehearing might at least have refrained from injecting abuse into the refusal.

Didn't Look Like a Chicken.

"Now, then, I've caught you in the act!" exclaimed the policeman as he came upon a colored man who was just coming out of a valley at midnight with something in a bag.

"Yes, sah, you've got me," was the reply.

"I've been laying for you for a dozen nights past and here you are at last. How many you got in the bag?"

"Only one, sah."

"Got a tooth for chicken, eh?"

"Yes, sah; drefful fond o' chicken, sah. But the price is awful high dis winter."

"We'll see about the price. Any one with you?"

"No, sah."

"Got scared before you filled the bag, eh? Well, come along with me."

"Yes, sah; where you gwine to?"

"I'm going to ring up the wagon and have you taken in. The Judge will put you where you won't taste chicken again for three months. Where did you get it?"

"De chicken, sah?"

"Yes."

"Haint got none, boss. I dun told yo' de price was so high dis winter dat I couldn't afford chicken."

"So you don't call this chicken?"

exclaimed the officer, as he reached for the bag and shook the contents out on the walk.

"No, sah," replied the man, as a big black and white cat was dumped out with a yowl and ran up the officer's body to his head and sprang into the limbs of a shade tree.

"No, sah," he went on, as he reached for the bag and folded it up. "No, sah; dat ain't no chicken, but an ole cat dat I was carryin' off to get losted. Can't dun make out, sah, how you calls dat a chicken, but if you sez so I haint gwine to dispute it. As I tole you befo'—"

But the officer raised him one and ordered him to move on.—Chicago News.

House Work is Hard Work without GOLD DUST.

DEAN & RATLIFF'S LETTER!

SOME PLAIN TALK.

WHEN it comes to plain, open lying we are not in it, but when in the course of human events it becomes necessary for us to tell just what we are doing we are bound to do it. Anybody that watches the intelligent crowd of pleased customers who throng our Store from dawn 'till dusk must know that we don't have to advertise in the newspapers to make ourselves known. The quantity and quality of Shoes, Dry Goods, Jeans, Hats, &c., that are carried out of our Store daily show that the wind is blowing in our favor, while the scores of wagons that we load every day with purest Flour—Dean's Patent—and those Pure Rust Proof Oats, Rice, Meal, &c., simply tell the tale for us wherever they go. While we will see to it that every one is waited on in the rush, and while we want as many more to come in and get happy as they deserve, but we must insist upon those who have already been made happy and who owe us for it by Note, Lien or open Account coming in to settle at once, as all such Accounts and Notes are due on October 1st, and we must have our money or it must be satisfactorily arranged.

Guano and other customers will bear this in mind and act accordingly. Yours for Business,

DEAN & RATLIFF.

Sole Distributors of Dean's Patent Flour, And Headquarters for all Plantation Supplies.

D. S. VANDIVER. J. J. MAJOR. E. P. VANDIVER.

OFFICE OF VANDIVER BROS. & MAJOR,

HOLD your Cotton if you want to, but don't forget to arrange to pay us your Guano Note or Account by the 1st November, for if we don't get every dollar due us by that time it will very seriously inconvenience us in making our settlement on that date—and we are compelled to make it THEN. We will appreciate and remember your prompt attention in this matter. We have SWIFT'S High Grade GUANO and ACID on hand now for Grain Crops.

Can't Be Suppressed.

"You can't squelch a boy," said Governor Stone. "I have had some rich experiences with them. At the beginning of my campaign against Warner, in 1892, the Kansas Star published the card that I had not paid my road tax, and the report gained some credence among the Republicans of south Missouri. A short time afterward I spoke during the night at Joplin. There were torches galore, flambé clubs and bands, and I was riding with local notables in a fine carriage drawn by four horses at the head of the procession. In passing close to a high building I noticed between me and the brick wall a ragged and dirty faced boy. He carried a smoking torch in his hand and was running beside the carriage looking up in my face with a look evidently intended to wither. When I looked, he gave me a rousing hurrah for Warner, and when I bowed to him he yelled with admirable sarcasm, while still running: 'You'd better go home, old loss, and pay your taxes instead of ridin' around here in four horse carriages. These streets are all paid for.' He was reading me a lesson in citizenship. It's a way boys have.

"Warner relates a similar experience to me. He was speaking at a picnic in South Missouri. He was provoked several times by aurchin perched in a small tree near by who persisted in crying out in the most offensive manner possible: 'What's the matter with Stone? He's all right.'"

"Warner conceived what he thought a happy idea of making a point on his tormenter, and, turning to the boy in the tree, he said:

"Fellow citizens, I don't know, but I will venture the assertion that that boy's daddy is a democrat—an ideal Missouri Democrat—who sits on a rail fence, chews tobacco, spits and whistles while his crops make themselves, who is dead against everything new and lets his wife do the work."

"He thought his remarks would settle the matter; but to his dismay, the boy in the tree yelled back:

"You've got the old man sized up about right, cap; but he's a Republican. But ma's all right. She's a Democrat, and she's raisin' me." The major wilted, and the crowd laughed, while the boy yelled again. "What's the matter with Stone? He's all right!" —Champ Clark's Cuckoo Room Stories.

CHARLESTON AND WESTERN CAROLINA RAILWAY.

LOW CLUB RATES GIVEN WITH THE INTELLIGENCER.—The growth of the Confederate Veteran, published by S. A. Cunningham, at Nashville, Tenn., is remarkable. Its circulation of eighty-four issues, monthly, aggregated to January 1, 1900, 1,255,425 copies. Average for 1895, 7,685; 1894, 10,137; 1893, 12,916; 1892, 13,444; 1891, 16,175; 1890, 19,100; 1899, 20,166.

Subscriptions for the Veteran will be received at this office. It and the Intelligence will be sent for a year at the club rate of \$2.15. By application to the Intelligence copies of the Veteran will be sent to our veteran friends who are unable to subscribe.

CHARLESTON AND WESTERN CAROLINA RAILWAY.

AUGUSTA AND ASHEVILLE SHORT LINE In effect November 25th, 1900.

Table with columns for Stations, Daily, and Daily. Lists routes between Charleston, Asheville, and other locations.

The common hen lays about 500 or 600 eggs in ten years. In the first year the number is only from 10 to 20; in the second, third and fourth years from 100 to 135 each, and thereafter it rapidly diminishes. In the tenth year the ordinary hen lays but 10 to 12 eggs.

A system regulator is a medicine that strengthens and stimulates the liver, kidneys stomach and bowels. Prokly Ash Bitters is a superior system regulator. It drives out all unhealthy conditions, promotes activity of body and brain, restores good appetite, sound sleep and cheerful spirits. Evans Pharmacy.

The fashionable boarding house table should have less gilding and more carving.

CORN, CORN! Now is the time to buy it cheap. We have just received twenty-five Cars Tennessee Corn in slip shuck, and we think now is the time to buy it. Come and see us. LIGON & LOEBETTER, WHOLESALE DEALERS.

Notice Final Settlement. THE undersigned, Administrators of the Estate of John H. Jones, deceased, hereby give notice that they will on the 10th day of January, 1901, apply to the Judge of Probate for Anderson County for a Final Settlement of said Estate, and a discharge from their office as Administrators. S. M. JONES, RICHARD T. JONES, Administrators. Dec 19, 1900

Blue Ridge Railroad. H. C. BEATTIE, Receiver. Effective September 20, 1900. WESTBOUND. Daily. No. 1. S + Anderson.....Lv 3:35 pm 8:20 am F + Denver.....Lv 3:45 pm 8:27 am F + Autun.....Lv 3:50 pm 8:35 am S + Pendleton.....Lv 3:55 pm 8:49 am F + Cherry Crossing.....Lv 4:00 pm 9:07 am F + Adams Crossing.....Lv 4:04 pm 9:20 am S + Seneca.....Lv 4:15 pm 9:50 am S + West Union.....Lv 4:45 pm 10:20 am S + Walhalla.....Lv 4:50 pm 10:27 am EASTBOUND. Daily. No. 6. No. 12. 34 + Walhalla.....Lv 12:00 pm 9:10 am 32 + West Union.....Lv 12:07 pm 9:16 am 24 + Seneca.....Lv 2:50 pm 9:40 am 18 + Adams Crossing.....Lv 3:13 pm 9:48 am 10 + Cherry Crossing.....Lv 3:20 pm 9:53 am 13 + Pendleton.....Lv 3:31 pm 10:01 am 10 + Autun.....Lv 4:05 pm 10:09 am 7 + Denver.....Lv 4:17 pm 10:18 am 0 + Anderson.....Lv 4:44 pm 10:40 am

SEABOARD AIR LINE VESTIBULE LIMITED TRAINS DOUBLE DAILY SERVICE

TO ALL POINTS North, South and Southwest. SCHEDULE IN EFFECT NOV. 5th, 1900.

Table with columns for Stations, Daily, and Daily. Lists routes between Washington, Richmond, and other locations.

SOUTHERN RAILWAY.

Condensed Schedule in Effect June 10th, 1900.

Table with columns for Stations, Daily, and Daily. Lists routes between Charleston, Savannah, and other locations.

No. 403 and 402 "The Atlanta Special," Solid Vestibule Train of Pullman Sleepers and Coaches between Washington and Atlanta, also Solid Vestibule between Portsmouth and Charlotte. No. 611 and 608 "The S. A. L. Express," Solid Train, Coaches and Pullman Sleepers between Portsmouth and Atlanta. Both trains make immediate connection at Atlanta for Montgomery, Mobile, New Orleans, Texas, California, Mexico, Chattanooga, Nashville, Memphis, Macon and Florida. For tickets, sleepers, etc., apply to F. C. Baker, P. O. Box 23, Tryon Street, Charlotte, N. C. For St. Job, Vico-Prudent and St. Manager V. E. McBoe General Superintendent. H. W. B. Glover, Traffic Manager. General Offices, Portsmouth, Va.

ATLANTIC COAST LINE.

TRAFFIC DEPARTMENT. WILMINGTON, N. C., Jan. 16, 1899. Fast Line Between Charleston and Columbia and Upper South Carolina, North Carolina.

CONDENSED SCHEDULE.

Table with columns for Stations, Daily, and Daily. Lists routes between Charleston, Columbia, and other locations.

No. 52 and 53 Solid Trains between Charleston and Columbia, S. C.

50 YEARS' EXPERIENCE PATENTS

Scientific American. A household name. It is the most widely read and influential publication in the world. It contains the latest news of science, invention, and progress. It is a valuable source of information for all who are interested in the advancement of the human race.