

A LONG-LIVED RACE.

Some time ago there was a discussion about the danger of exercise to persons who had passed mid-life. Some brainless fellow, of reputed scientific attainments, started the controversy by averring that the mature should avoid every form of systematic exercise, for fear it might produce atrophied muscles and quick death!

Of course, the contention was silly, and the doctor who put it forward was promptly told to "Go way back and sit down"; but it suggested to me a little investigation that proved interesting and whose results I believe will be of benefit to Physical Culture readers.

The question of longevity has been broached several times in connection with physical culture, and numerous isolated examples have been cited to demonstrate the close connection between systematic exercise and length of days.

I asked myself, where would one be likely to find the longest-lived race of mortals on the earth to-day, and what would be their environment, and I commenced a search of statistics, reports, legends, etc., that led me virtually into every quarter of the globe.

Beginning with the vague tradition of ancient times, that there were the long-lived races in the East, I consulted the available data concerning the divers tribes that dwell in the Peninsula of Asia, but, while a fairly good average of longevity was found, no record existed of a race or tribe furnishing many examples of extreme age within historic times.

A great majority of the people living there, including the inhabitants of Persia and Arabia, lead active outdoor lives, live on the product of their flocks and fields, are hardy, remarkably free from so-called epidemic diseases, and their average life is longer by a considerable number of years than that of Europeans or Americans. But not phenomenally so, and their old men are no older, as a rule, than our old men.

Careful search of the data at hand of the land of Confucius failed to reveal more than the occasional long-lived individual. The average life there compares about with that of Europe and the United States. But they have their legends of a longer-lived ancestry, and their history goes far enough back to show a time when a hundred-year-old man was common.

Among the uncivilized people then—the primitive people—I decided search would have to be made, if the world was to furnish any examples of a truly long-lived race existing at present.

Little that is authentic in this line could be learned of the Malays and savages of Africa. In the latter country, where the aboriginal subjects his stomach, in most cases, to unusual trials, they age rather quickly, and there is no way of knowing the average number of years the individual lives.

The American Indian as a rule is altogether cleaner, more manly; and here, in an offshoot of one of the ancient civilized tribes, we encounter the longest-lived individuals and greatest average of life to be found among the inhabitants of the earth to-day.

This peculiarly blessed people, who live and enjoy life scores of years beyond the span supposed to be allotted to man, dwell in Edenic land. Their territory borders the Paraguay River of South America for some hundreds of miles and extends westward as far as the Andes Mountains. It lies almost wholly in tropical limits, and the palm and its kindred are prominent in the fauna of the region.

these Indians seem to have adopted and adapted themselves but to one—the horse.

From the meagre data we have respecting their lives, we learn that they are chiefly vegetarians, though not strictly so, as they engage in the chase, eating the flesh of animals so obtained; but the supply of flesh food is precarious, and their main reliance must be placed upon the natural foods, so plentifully furnished by bountiful nature.

Of edible nuts there are several varieties that grow throughout their entire territory, and much of their time is spent in collecting these. Several varieties of wild bees are found there also, and their manufacture of honey is perpetual and plentiful, and this forms a staple element in the dietary of the savages. Fruits grow on every hand, and, with the two articles mentioned above, comprise the daily diet of these primitive people.

Now for their other habits. They do not know what a house is. They live in tents exclusively, and these are moved frequently, as the conditions demand, or the supply of food grows scarce. There are no cold winds to take shelter against, and the occasional rains are all the natives have to provide against. A slight covering serves to turn the water, while allowing free access of air at all times.

As to clothing, they belong to the naked races. A breech cloth completes the outfit of the adult. No shirt covers his back, no hat his head; but the sun's rays beat down upon his bronzed skin throughout the day, and the dew lays it at night, and the pure air of heaven caresses it at all times.

They are reputed to be blessed with powers of vision that would put to blush an Indian of the Fenimore Cooper romances, with his proverbial eagle eye; and their hearing is equally acute. In short, they are credited with having every sense developed to the greatest degree, as well as being possessed of a stock of vitality that carries them through a life twice as long as that of the man of civilized life and environment.—J. R. Stevenson in Physical Culture.

Report of the Dispensary Board.

COLUMBIA, S. C., Jan. 2.—Late last night the annual report of the State Board of directors of the dispensary for the year just closed was made public by the chairman of the board, Mr. L. J. Williams. It reads as follows: "To His Excellency, M. B. McSweeney, Governor of South Carolina: We have the honor to submit to you for your information and also that of the General Assembly, this, our report of the business done by the dispensary during the fiscal year closing Nov. 30, 1901.

"Examination of the various accounts attached hereto, will show that the total amount of cost of liquors, wines and beer, etc., purchased during the year, has amounted to \$1,617,973.47, and that our gross sales have amounted to \$2,338,681.21 (exclusive of sales of fresh beer by beer dispensaries).

"The net profit (to the state) for account of the school fund is \$120,902.25. The net profits, that have accrued to the counties and towns, divided equally, are \$424,285.87, which makes a total net profit of \$645,248.12 for the year, on account of the school fund and towns and counties.

"We have for some time felt a serious need of more warehouses and office room, and also a safe and commodious fire-proof vault for the storage and preservation of our permanent records. Consequently we have had constructed more storage capacity, and also a convenient two-story office building with a commodious and up-to-date fire-proof vault, which has cost \$14,404.81, besides other petty improvements.

"The act approved Feb. 19, 1900, forbids us to make more than 10 per cent profit on account of the school fund, and the past year we have made on that account in round figures 6 per cent., which leaves only a very small margin with which to run the business, and while it is true that the school fund is considerable, amounting at present to \$611,354.38, it is available very slowly for the payment to the schools, as that is our only working capital.

"We are gratified to be able to show such a high percentage of net profits on the business done, especially as the price of liquors has been very high on account of the high rate of grain, while we have not made any advance in the price to the consumer.

—Senses and beauty, like truth and novelty, are rarely combined.

PURE REFINED PARAFFINE

Don't tie the top of your jelly and preserve jars in the old fashioned way. Seal them by the new, quick, absolutely sure way with a thin coating of Pure Refined Paraffine. It has no taste or odor. It is air tight and acid proof. Easily applied. Useful in a dozen other ways about the house. Full directions with each case.

Solely prepared. Made by STANDARD OIL CO.

Foley's Kidney Cure makes kidneys and bladder right.

County High Schools.

State Superintendent of Education McMahan in his annual report has the following to say in the matter of county high schools:

"In many counties the town school is attended in its higher grades by pupils from county districts, who in some cases (as in Orangeburg and Union) are admitted free of tuition by the generous action of the city board, but generally are required to pay tuition. In either case, the limit of capacity to admit pupils is being reached or has been reached in many towns—especially in those that have granted the privilege without the barrier of tuition charges. What is to be done to supply the demand for high school education? Moreover, many smaller towns have never yet been able to provide a high school department for their own children, and consequently in some counties there is not even this beginning of a high school accessible to the children of the county. If the law provided machinery by which town and county—country, in short—could unite in establishing and supporting such a school, it would at once become attainable in many places where now the need of it has come to be sorely felt. Indeed, we have reached the time when some counties have developed a sentiment in favor of providing high school education for all children, from town or country, who will attend. The county board of Anderson, for example, in the person of County Superintendent R. E. Nicholson and City Superintendent T. C. Walton, have been agitating for a year the establishment of a county high school, to serve the city as well as the country. They have called meetings of the school trustees of the county and secured co-operation looking to combined contributions of public funds for this end. But mere voluntary co-operation of boards liable to constant change of membership will not suffice. A simple enactment that the county board may reserve and apply in its discretion 10 per cent. of the school fund would suffice. It would give in Anderson more than \$3,000. While that board would use the fund of a high school, a board in a county not yet ready for a high school might use a small sum to assist in supplying good teachers to specially backward or poor communities, or might think best not to exercise its power to set aside and expend part of the school fund.

"It would be best to attempt no distinct legislation on the subject of high schools. An elaborate system created by law for all counties at this time would be positively harmful—a waste of money which is sadly needed in the country school districts. In any definite legislation there would be danger of forcing prematurely a high school upon some county not yet prepared for it. All that is needed is to strengthen the hands of the county boards, by the several safeguards and powers suggested above, and these boards will establish the necessary high schools as soon as local conditions can be developed to warrant them. The county board would thus be, as it should be, the governing board of the county high school. The county superintendent, employed by county board, would have general oversight of the county high school, as well as of all the other schools in the county.

"In some counties these schools would serve for the better preparation of local teachers, until that distant day when the colleges and the normal schools shall suffice to supply trained teachers for all the schools of the county. In some counties these high schools would take the form of industrial schools for boys and girls—satisfying somewhat the craving that Clemson and Winthrop have served to awaken in the breasts of thousands who cannot reach these splendid institutions. Any one of our counties is as large as a State of the old world, and is amply able to provide within its borders a high school for the practical education of its children, rich and poor."

—The worn or soiled Bank of England note is seldom seen. This is because no note of this bank is ever issued by the establishment. When cashed it is kept and put aside for destruction. The average term during which a note remains in circulation is about a month.

—In Sweden, writes an American traveler, the saloons are closed on Saturday—pay day—while the savings banks are kept open until midnight. No Government can force a man to save his money, but at least this Swedish system encourages him to deposit it where he will draw better interest than a headcase.

"Don't look so serious, Heury," she said, scraping the sugar bowl; "you know before our marriage you said it was love that made the world go round." "I remember," he responded, gazing for the sparsely filled dishes to the voracious youngsters; "but I wish it would also make the bread and beefsteak go round."

—There is a vast difference between second thoughts and second-hand thoughts.

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Broke him of Borrowing.

People who are constantly borrowing household utensils and neglect to return them are annoying neighbors. The problem of how to care them of the habit was solved in an effective, though somewhat costly, way by one long-suffering householder.

A new man had moved into the neighborhood. One of the first things he did, after getting his goods into the house, was to borrow a stepladder from his next-door neighbor, Mr. Smith. He "needed it putting up his window shades," and "would return it shortly."

Next he borrowed a tack hammer, to use in putting down his carpets. Then he wanted a hatchet, a screwdriver and a gimlet, all of which things Mr. Smith, being an accommodating man, allowed him to take.

Several days passed, and none of the borrowed articles had been returned. "I'll cure him," said Mr. Smith. About a week later the new neighbor came back with the screwdriver, and apologized for having kept it so long.

"That's all right," said Mr. Smith, with a genial smile; "but you had better keep it now. I have bought another."

With a muttered apology the new neighbor hurried back and returned with the gimlet, the hatchet and the tack hammer.

"You are welcome to those," said Mr. Smith, cordially. "I have bought some others and don't need them."

"But—" "That's all right. You keep them. They'll come handy about the house."

Again he hurried away, and was returning with the stepladder, when Mr. Smith, who was just going out, met him.

Grouping the States.

The very large States are: Texas, 296,011 square miles. California, 158,233 square miles. Montana, 147,061 square miles. New Mexico, 122,678 square miles. Arizona, 133,870 square miles. Nevada, 110,679 square miles. Colorado, 103,969 square miles. The large States are:

Michigan, 97,990 square miles. Wyoming, 97,878 square miles. Oregon, 96,835 square miles. Minnesota, 86,335 square miles. Utah, 84,928 square miles. Idaho, 83,828 square miles. Kansas, 82,236 square miles. South Dakota, 77,580 square miles. Nebraska, 77,531 square miles. North Dakota, 70,789 square miles. Washington, 70,574 square miles. Missouri, 69,137 square miles. Wisconsin, 65,805 square miles. The good-sized States are:

Georgia, 59,436 square miles. Florida, 58,981 square miles. Illinois, 58,354 square miles. Iowa, 56,270 square miles. New York, 53,719 square miles. Arkansas, 53,228 square miles. North Carolina, 52,674 square miles. Alabama, 51,756 square miles. Louisiana, 49,626 square miles. Mississippi, 46,919 square miles. Pennsylvania, 45,928 square miles. Ohio, 44,464 square miles. Virginia, 42,330 square miles. Tennessee, 42,050 square miles. Kentucky, 40,332 square miles. Smaller States:

Oklahoma, 38,959 square miles. Indiana, 36,587 square miles. Maine, 33,039 square miles. Indian Territory, 31,154 square miles. South Carolina, 31,048 square miles. West Virginia, 24,504 square miles. The small States are: Maryland, 12,297 square miles. Vermont, 9,563 square miles. New Hampshire, 9,377 square miles. Massachusetts, 8,546 square miles. New Jersey, 8,173 square miles. Connecticut, 5,612 square miles. Delaware, 2,380 square miles. Rhode Island, 1,247 square miles.

He Got a Pardon.

A bachelor member of Congress, who is not as handsome as Apollo, dropped into Clerk McDowell's office the other day to seek sympathy because the lady on whom he had looked with favor was about to be married to another man, says the Washington Post.

"That reminds me," said Mr. McDowell, "of the incident which happened when Governor Dick Oglesby went down to Joliet to inspect the State prison. In one of the cells was a very ugly man.

"How did you get in here?" asked Oglesby.

"'Abduction,' was the reply. 'I tried to run off with a girl and they caught me.'

"I'll pardon you as soon as I get back to Springfield," said the governor. 'I don't see how you could expect to get a wife in any other way.'

ARE YOU DEAF? ANY HEAD NOISES?

ANY CASES OF DEAFNESS OR HARD HEARING ARE NOW CURABLE by our new invention. Only those born deaf are incurable. HEAD NOISES CEASE IMMEDIATELY. F. A. WERMAN, OF BALTIMORE, MD.

Gen'l's.—Being entirely cured of deafness, thanks to your treatment, I will now give you a full history of my case, so that you may see the results of your operation. About five years ago my right ear began to ring, and this kept on getting worse, until I lost my hearing in this ear entirely.

Notice of Dissolution.

ALL persons will please take notice that the partnership heretofore existing under the style and name of Frank Johnson & Company was dissolved by mutual consent, to take effect at the end of the year, December the 31st, 1901. All of the year, December the 31st, 1901. All of the year, December the 31st, 1901. All of the year, December the 31st, 1901.

Notice.

WILL let to the lowest responsible bidder at the bridge site on Tuesday, the 28th day of January, 1902, at one o'clock p. m., the building of a Steel Bridge and Stone or Brick Piers over Seneca River, and known as Earle's Bridge, in Pendleton on an Fork of Seneca River, in Pendleton County, S. C. Reserving the right to accept or reject any or all bids.

Notice of Final Settlement.

THE undersigned, Executor of the Estate of Alexander Orr, deceased, hereby gives notice that he will on the 20th day of January, 1902, apply to the Judge of Probate of Anderson County, S. C., for a Final Settlement of said Estate, and a discharge from his office as Executor.

BANNER SALVE

the most healing salve in the world.

Jan 8, 1902

Southern Railway.

Condensed Schedule in Effect June 30th, 1901.

STATIONS.	Daily No. 15.	Daily No. 11.
Lv. Charleston	11:00 p m	7:00 a m
Summerville	10:00 a m	7:45 a m
Branchville	9:00 a m	8:45 a m
Orangeburg	8:30 a m	9:25 a m
St. Andrews	8:00 a m	10:00 a m
Lv. Savannah	12:30 a m	1:30 p m
Barnwell	4:18 a m	4:18 a m
Blackville	4:28 a m	4:28 a m
Lv. Columbia	6:00 a m	11:00 a m
Prosperity	7:14 a m	12:20 p m
Newberry	7:30 a m	12:35 p m
Ninety-Six	8:30 a m	1:20 p m
Greenwood	8:50 a m	2:05 p m
Ridge	9:15 a m	2:30 p m
Lv. Asheville	8:15 a m	1:45 p m
Belton	10:10 a m	3:20 p m
Lv. Anderson	9:40 a m	3:45 p m
Greenville	11:30 a m	4:25 p m
Ar. Atlanta (Com. Time)	8:55 p m	9:00 p m

Blue Ridge Railroad.

H. C. BEATTIE, Receiver.

Effective June 30, 1901.

STATIONS.	Daily No. 15.	Daily No. 11.
Lv. Asheville	6:30 p m	9:45 a m
Piedmont	6:50 p m	10:15 a m
Williams	7:15 p m	10:40 a m
Lv. Asheville	8:15 p m	11:15 a m
Lv. Belton	7:55 p m	10:45 a m
Lv. Donalds	8:05 p m	11:10 a m
Lv. Greenville	9:05 p m	11:01 a m
Lv. Anderson	8:50 p m	11:50 a m
Lv. Greenwood	9:05 p m	11:50 a m
Ninety-Six	10:10 p m	1:25 p m
Prosperity	10:25 p m	1:40 p m
Newberry	10:55 p m	1:55 p m
Columbia	11:50 p m	2:40 p m
Lv. Blackville	8:55 a m	8:05 a m
Barnwell	8:07 a m	7:40 a m
Savannah	4:50 a m	4:50 a m
Lv. Greenville	2:25 a m	4:25 a m
Orangeburg	8:45 a m	8:45 a m
Branchville	4:25 a m	6:25 a m
Summerville	9:05 a m	6:45 p m
Ar. Charleston	7:00 p m	7:00 p m

Atlantic Coast Line.

TRAFFIC DEPARTMENT.

WILMINGTON, N. C., Jan. 13, 1901

Fast Line Between New York and Columbia and Upper South Carolina, North Carolina.

CONDENSED SCHEDULE.

STATIONS.	Daily No. 15.	Daily No. 11.
6:25 am Lv. New York	Ar. Charleston	Ar. 5:50 pm
9:25 am Lv. New York	Lv. Columbia	Ar. 8:45 pm
11:00 pm Lv. New York	Ar. Columbia	Lv. 1:45 pm
12:17 pm Lv. New York	Ar. Savannah	Lv. 2:45 pm
12:30 pm Lv. New York	Ar. Asheville	Lv. 3:20 pm
1:15 pm Lv. New York	Ar. Greenville	Lv. 3:55 pm
1:35 pm Lv. New York	Ar. Anderson	Lv. 4:20 pm
3:10 pm Lv. New York	Ar. Spartanburg	Lv. 5:55 pm
7:15 pm Lv. New York	Ar. Washington, N. C.	Lv. 10:10 am
8:30 pm Lv. New York	Ar. Charlotte	Lv. 11:10 am
6:11 pm Lv. New York	Ar. Hendersonville	Lv. 10:20 am
7:35 pm Lv. New York	Ar. Asheville	Lv. 9:05 am

Foley's Honey and Tar for children, safe, sure. No opiates.