

## EXERCISE AND EATING.

### Remember That a Tired Stomach is a Weak Stomach.

A good dinner at night is necessary for those whose pleasure or work keeps them up very late. But for ordinary folk who dine at 6 or 7 and go to bed about 10.30 only a light wholesome repast should be taken at the end of the day, when muscles and nerves are more or less exhausted.

"A tired stomach is a weak stomach" is a golden rule to remember. Yet how often one hears people say, "I've been pushing about all day and am tired to death; I must have a big meal to make up for it." You may put the big meal into the stomach, but you cannot make the stomach digest it.

A belief lives strong in the hearts and minds of the majority of mankind, including persons of weak digestions, that a quick, brisk walk taken before a meal gets up an appetite and helps the stomach to digest the food. Now, this is exactly what it doesn't do. Exercise spreads the blood throughout the body. For the proper digestion of food the blood is needed in the stomach. Few realize this important fact.

After a long, exhausting walk, bicycle spin or any severe physical or mental strain take a good half hour's rest in a comfortable armchair or lying on a sofa before you eat a substantial meal.

### A Telephone Whistle.

When the earpiece of a telephone receiver is held to the mouthpiece of the transmitter, a more or less shrill tone or whistle is heard in the receiver. This occurs when the apparatus is in good working condition and when the transmitter is on short circuit. This effect is seemingly due to a series of reactions analogous to but much more complex than those which occur in an electric bell when its circuit is closed. A movement of the diaphragm of the receiver toward its magnet tends to weaken the pressure on the carbon of the transmitter, which causes a weakening of the current, allowing the diaphragm to fall away, with the further result that the air column is compressed, increasing the pressure on the carbon again and also increasing current strength, whereby the diaphragm is again attracted, and this action is repeated over and over again.—Cassler's Magazine.

### The Human Mouth.

It has been discovered that the human mouth is slowly but surely and steadily moving toward the left of the face, which will in time bring it somewhere in the neighborhood of the left ear. All the five great races of man have an uncontrollable tendency to eat only with the teeth which grow from the left jaws. This wears out the left teeth more rapidly than those on the right side of the mouth, and this in turn gives the upper and lower jaws an inclination toward the left.

It is the expressed opinion of many scientists who are foremost in the world's roll of professional honor that in the course of time the mouth from causes above mentioned will have completely changed its position and that it will then be situated rather nearer the left ear than to the nose.

### Oriental Rugs.

"Oriental rugs," says a New York dealer, "are nearly as standard as gold. When an auctioneer sells you one for \$200, you may think you are getting it cheap, but you can get it at about the same price from any reputable dealer. Every rug house has its agents at auctions, who pay mighty close to the market price for the genuine article. When you have had an oriental rug for ten or fifteen years, it is worth more than when you bought it, provided it is in good condition. It is then an antique. When you hear of any one buying second-hand oriental rugs at about one-third or one-quarter of their value, you may safely wager that they have been patched."

### Relay Remonstrance.

Johnny and Harry had been left at home with their big sister, mother having gone out.

At bedtime they wanted to "stay up for mother," but their sister relentlessly put them to bed. Harry maintained a stolid indifference, but Johnny cried lustily.

Their sister listened at the foot of the stairs, hoping they would soon be good.

At last Johnny stopped, and the listener heard him say: "You cry a bit, Harry. I'm tired!"—London Mail.

## POWERFUL VOICES.

### Some Historic Shriekers Who Antedated the Famous Stentor.

The question has often been asked, "Who was the most loud voiced man of history?" The answer usually is that it was Stentor, of whom Homer says his voice was as loud as that of fifty other men combined and from which we get the phrase "stentorian voiced." But we have record of two historic "shriekers" anterior to Homer. We read where Simeon and Levi fought against the twelve men of the city of Sarton and that Levi beheaded one man with his own sword. In chapter 38, verse 41, of the book referred to the story is related in the following words: "And the sons of Jacob seeing that they could not prevail over the twelve, Simeon gave a loud and tremendous shriek, and the eleven remaining men were stunned by the awful shriek."

In chapter 30, same book, verse 10, we find the following account of the battles of the sons of Jacob with the inhabitants of the city of Gash. It seems as though the battle was both in the front and in the rear and that the warriors on the wall were throwing spears and hurling stones upon the sons of Jacob. What next occurred, as related in chapter and verse above cited, is recorded in these words:

"And Judah, seeing that the men of Gash were getting too heavy for them, gave a piercing and tremendous shriek, and all the men of Gash were terrified at Judah's cry, and men fell from the wall at the sound of his powerful shriek, and all those that were without as well as those within the city were greatly afraid of their lives."

### The Canary is a Little Pig.

The canary is always regarded as a small eater, just as the pig is notorious for its gluttony. People with small appetites are often twitted for not eating more than enough to feed a canary, and this led a man who was a tiny eater to watch the yellow bird and report.

He found that a canary that weighed 247 grains ate just thirty-two times its own weight in a month; that is, it ate rather more than its own weight on an average every day. Anyone who watches the little bird will notice that it is always eating. Now, says the investigator, a pig doesn't eat its own weight every day, glutton as it is. Hence he thinks that the canary deserves to be classed as a little pig.—London Answers.

### Ran Without Legs.

A certain congressman has a smart granddaughter, whose clever sayings are the delight of her parents. The other day she came to her grandfather with her face all sunken.

"Grandpa," she said, "I saw something this morning running across the kitchen floor without any legs. What do you think it was?"

Mr. Congressman studied for awhile and gave up. "What was it?" he asked.

"Water," said the youngster triumphantly.—St. Louis Post-Dispatch.

### A VALUABLE TYPEWRITER.

Improvements Make It Worth Much More Than Its Original Cost.

A New York bachelor author who writes on a machine wrote a note recently to a spinster authoress who still works by hand and incidentally called her attention to the fact that if she wished him to do so he would secure a machine for her at \$5 per month, guaranteed to write poetry, able articles, fiction, etc. A day or so later he received a reply written in a beautifully clear, round hand to this effect:

My Dear Mr. —: This is my typewriting machine. Isn't it nice? It is called the Blank typewriter. It is sound, kind, in good repair, warranted to travel well in single harness, and if you do not say it is the nicest machine you ever knew I shall refuse to believe that you were born when knight-hood was in flower. It is warranted, like yours, to write able articles, poetry and fiction with equal facility, but, unlike yours, it is not for sale at \$5 a month. Its original cost was large, and I have put so many improvements on it since that I cannot dispose of it save at a considerable advance and even then should be unwilling to part with it except to a responsible person warranted to treat it with care.

At present the author is striving strenuously to become a millionaire so that he may secure the services of this inimitable typewriter.—Detroit Free Press.

### The Life of Circus People.

Circus people are pretty ciannah. From generation to generation they are circus people, and the generations do not perish from off the face of the earth nearly so fast as the insurance companies seem to think. There are plenty of good performers that will never see sixty again and some that are seventy-five years old and still as supple as you could wish for a man fifty years younger. More than in any other branch of the amusement business is the family life kept up, for every woman who travels with a circus must have a natural protector with her. If it isn't a father or a brother, it must be a husband, and as circuses don't carry people around with them just for the pleasure of their company the women marry in the profession and bring up their children to it. The little boy you see riding around so gayly on his daddy's head has to learn his lessons here just the same as if he went to school.—Woman's Home Companion.

## A STORY OF BROWNING.

### The Poet Was Just as Well as Generous With His Servant.

On a certain day Browning met one of his servants whose joy it was to wait upon him carrying a rather heavy basket of grapes and other fruit on her arm.

"Oh, Gluseppina," he cried, "let me help you!" and seized the basket suddenly from her hand.

The woman, overwhelmed by such condescension, protested, "Troppo onore, signora."

"Nonsense!" said the poet. "You are always helping me. Won't you allow me for once to help you?"

Still the woman resisted, saying, "It is not for such as you, O signora."

This was more than he could bear. "We are all made of the same clay, Gluseppina," and, gaining his point—for who could withstand his will—he held one handle of the basket until they reached the palace door.

This same worthy woman is food of relating a story of her master which illustrates another side of his character. He had paid her weekly account, and there remained 1 centesimo as change. The woman showed the little coin, saying shyly, "I cannot offer this trifle to the signora."

"Yes, my good Gluseppina," he said, taking it from her hand; "it is one thing to be just and another to be generous. You do right to return it to me."

"And not long after this," continues the woman, "he made me such a grand present!"—Century Magazine.

### It Was a Monkey.

I was invited, along with other Europeans on the beach, to one of the biggest feasts that have been seen in Opo. At the feast all kinds of fish, fowl and soup, cooked after the native fashion, were served. Every one thoroughly enjoyed the feast until, near to the finish, the chaser (dessert) was brought in. This dish they called palm oil chop. While it was being served there rolled out of the vessel what to all appearance was a human skull. Suddenly all the Europeans turned pale, as though suffering from an acute attack of seasickness, and the symptoms they developed were identical, for that dinner would not stay down.

The chief, in alarm, inquired what had made his friends so ill. One of the sufferers, whose eyes protruded from their sockets, and afraid to trust himself to speak, placed his handkerchief to his mouth and jerked his thumb in the direction of the skull.

The chief grasped the situation and with unaffected concern tried to comfort his sick guests by saying: "It be all right. He be no man. He be monkey!"—Chamber's Journal.

### An Expressive Postscript.

A curious postscript was once added to a letter by General Israel Putnam. A spy named Palmer, sent by Sir Henry Clinton, the British commander, had been detected furiously collecting information of the force and condition of the post at Peekskill and had undergone a military trial. A vessel of war came up the Hudson in all haste and landed a flag of truce at Verplanck's point, by which a message was transmitted to Putnam from Clinton claiming the said Palmer as a lieutenant in the British service. Putnam replied:

Headquarters, Aug. 1, 1777.  
Edward Palmer, an officer in the enemy's service, was taken as a spy lurking within our lines. He has been tried as a spy and shall be executed as a spy, and the flag is ordered to depart immediately.  
ISRAEL PUTNAM.  
P. S.—He has accordingly been executed.

### His Wits Were Woolgathering.

The absentminded professor, says the Norwegian Weekly Tyribana, suddenly arose from his rocking chair, pushed his spectacles up on his forehead and went toward his wife with the expression and air of a man who at last had come to a final decision.

"Now, listen to me, wife," he said, "and I do not want you to oppose me, do you hear?"

"Yes, dear. What is it, then?"

"Now, no opposition, mind. I wish the boy to be an engineer."

"But, my dear, what are you talking about? We haven't any boy."

"Oh, yes, that is so. I had forgotten that," said the professor as he resumed his seat in the rocking chair.

### Right Arm Most Hurt.

Experience indicates that accidents are far more likely to occur to the right arm and leg than to the left. Further evidence of this fact is supplied by the makers of artificial limbs. They dispose of many more appendages to the right side of the body than to the other.

Statistics show that in fifty-four cases out of a hundred the left leg is stronger than the right.

### Domestic Amenities.

"Your papa likes dogs, I see," remarked the visitor.

"Oh, no," replied the boy.

"Then why does he keep so many about the house?"

"I guess it's 'cause mamma doesn't like 'em."—Philadelphia Record.

### Library Improvement.

Castleton—I have been making some big improvements in my library.

Clubberly—What have you been doing?

Castleton—Oh, giving away a lot of books.—Detroit Free Press.



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