

# Health.

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the dissolution of the body; for action, which is vibration, is what  
body in form, and when it ceases the body has nothing to hold it  
in form and it falls to pieces.

Live so that we shall catch health instead of disease; let us make  
ourselves good conductors of life; if we are now diseased, let us make our-  
selves good conductors as quickly as possible. If we are so weak and enervated  
that we cannot make the effort alone, we can get help from the strong mag-  
netic currents of some other who understands the law of magnetic attraction,  
and such a one will not only strengthen the magnetic currents of the feeble  
one, but teach them how to help themselves and be their own conductor.

## The Blessing of Work.

By the Rev. T. B. Gregory.

**L**ABOR makes all that we eat and drink taste good to us. Labor gives the sound, refreshing sleep that no opiate can supply. Labor insures the good digestion and rich red blood that no prescription of the apothecary is able to give.

More than this, labor confers the priceless boon of self-respect. The worker is a man—the rest are mere mannikins—puppets in an idle play.

Who do their part of the world's work, thereby advancing the world's progress, the proud consciousness of being useful.

When feeling that they walk through the world. Upon the varied industries united effort is pushing out the frontier of civilization they can look the consciousness that they are a part of it all, a living, vital part.

To them, material and moral, which rises more and more imposingly above them, they feel that they are contributors, since it is by their muscle and brain, by their labor of hand and head, that it all has come about.

And isn't that most exhilarating thought! Can the petted, pampered darling, in his luxuriant idleness, have the glory of such thought bought for him with all his money?

Let no man bemoan the fact, then, that it is his lot to labor. It would be a piece of prerogative to say that labor is "honorable." Not since the French Revolution has the world thought otherwise.

But labor is more than honorable—it is glorious and blessed. It gives a tinge to the cheek and a glow to the heart. It makes a man manly and self-respecting. It confers the proud consciousness of co-partnership with the advancing world.

Find something to do, then, and do it. Look about you for some useful task to which you may seriously and lovingly dedicate your energies; and be glad and proud of the opportunity of finding one.

Be a man, not a mannikin. Be a worker, not a drone. Thus shall you find the only real pleasure—that of knowing that you are doing something toward making the race of mannikin wiser, happier and better.—New York American.

## Honor or Honour—Which?

By Professor Thomas R. Lounsbury.

**T**HE historical survey shows that in the vast majority of instances the forms in -or have supplanted everywhere those in -our.

About two dozen words in common use have outlived to some extent the revolution which has brought the others to this one termination. As the few survivors from the general wreck, they are now regarded by some with tender interest. They have to others the very genuine attraction of being anomalous. They are exceptions to a general rule and contribute an additional perplexity to the existing perplexities of English orthography.

As their form is not based upon analogy, which all can understand, but upon derivation, which only a few can know, or at least think they know, the mystery of their peculiarities is secret-ly felt to indicate a sort of social and literary superiority. Furthermore, their employment is regarded as being of the nature of an appeal to nobler sentiments than those which owe their origin to considerations of mere utility.

The reference to derivation leads to another consideration. The history of the word which has been given disposes effectually of the common but utterly baseless assertions that the form honor came late into the language, and that it had its origin in America. But there is another assertion widely circulated and generally accepted which, on account of the pretentiousness of the ignorance displayed in it, is somewhat more expasperating. We are constantly told that this word should be spelled honour because it came from the French honour. Were we to concede the fact to be true, the inference drawn from it would seem hardly warranted. If we keep to the u because it is in the French word, would not our happiness be increased by retaining the e also? Why, indeed, should we not spell it with two n's instead of one? In the sixteenth century, when derivation was rampant, this was occasionally done.—Harper's Magazine.

## Be Careful of Your Carriage

By O. S. Marden.

**N**EVER allow your physical standard to drop. Keep up your energy; walk as if you were somebody and were going to do something worth while in the world, so that even a stranger will note your bearing and mark your superiority. If you have fallen into a habit of walking in a listless, indolent way turn right about face at once and make a change. You don't want to shuffle along like failures we often see loitering about the streets, with their hands in their pockets or haunting intelligence offices, wondering why fate has been so hard with them.

You don't want to give people the impression that you are discouraged, or that you are already falling to the rear. Straighten up, then! Stand erect! Be a man! You have royal blood in your veins. Emphasize it by your bearing. A man who is conscious of his kinship with God and of His power, and who believes thoroughly in himself, walks with a firm, vigorous step, with his head erect, his chin in, his shoulders thrown back and down, and his chest well projected in order to give a large lung capacity; he is the man who does things.

You cannot aspire, or accomplish a great thing or noble thing so long as you assume the attitude and bearing of a coward or weakling. If you would be noble and do noble things, you must look up. You were made to look upward, to walk upright, not to look down or to shamble along in a semi-horizontal position. Put character, dignity, nobility into your walk.—Success.

### No Need to Watch America.

Orders were issued yesterday to close the Halifax dockyard, and its 300 employees were given one week's notice of dismissal. This is said to be in line with the new plans for reorganizing the British Navy, which change the system under which a change has its headquarters at Halifax or Bermuda, substituting for this fleet a large flying squadron in touch with other waters, and leaving only two or three British ships on station. It is said that the Ariadne will be withdrawn not to be replaced. The dockyard is one of the most extensive properties held by the Imperial Government in Halifax. Large workshops have been erected and many ships of the British Navy have been repaired there. Year after year improvements have been made, and almost any kind of work can be done there upon short notice.

It is stated that the Admiralty House will be dissolved or sold for private purposes and that perhaps the Naval Hospital will no longer be required. It is probable that the ground vacated by the closing of the works will pass to the control of the Intercolonial Railway, which is handicapped for room.—Consular Reports: From Consul-General Holloway, Halifax.

Admiral Togo is a small man, turning gray, with a short-cropped naval beard and a face that shows little emotion, says Frederick Villiers, in his book, "Port Arthur." Most polite in manner, he paid us every attention: The great man had a peculiar way of standing with both hands spread out on his hips and his arms akimbo. I took a sketch of him in this position, and then I found a most amusing coincidence. His officers, from the chief of his staff down to the middies, all appeared their beloved chief and stood with their arms and hands in the same attitude.

## MANY DIE IN FIRE

### Nineteen Charred Bodies Tell Grim Story of Death

### ROASTED IN A TENEMENT HOUSE

#### More Than 40 Others Were Injured, and Only a Few of the Sleeping Inmates of the Building, Which is on the New York East Side, Escaped Unhurt.

New York, Special.—Nineteen persons were burned to death in a fire which destroyed the five-story house, 1,005 Allen street, early Friday. More than 40 were injured and only a few of the sleeping inmates escaped unhurt. Several of those who perished were roasted to death in plain view of thousands in the streets. Coroner Goldenkrane declared after an investigation that he had reason to believe the blaze was the work of an incendiary. He issued subpoenas for the fire marshal, tenement house and building inspector and health and police officials to appear before him at the inquest Thursday.

The fire started in the basement and spread with frightful rapidity to the roof. The victims were caught in traps of flames, the halls and exits being rendered impassable in a few minutes after the blaze started. The building was one of the usual tenement and the disaster was the worst in the history of the East Side. The district attorney's office has begun an investigation to place the blame for the great loss of life. Chief Croker, of the fire department, asserts that the police and the tenement house departments are to blame for the violations of the fire escape law. The tenement house department officials, however, say that the blame is on the shoulders of the fire commissioner.

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man John J. Down, who had run a plank across to the window of an adjoining building. He rescued nearly a dozen persons, but finally fell 20 feet to the paved yard and shattered his shoulder. Dozens of people were taken from the crowded fire escapes and upper windows. By this time the building was a furnace and the rescues were effected in many cases only through heroic efforts of the firemen. Lieutenant Bonner, son of the former chief, descended the now red hot fire escapes five times. Four times he brought down a woman or a child in his arms. The fifth time he was descending with an unconscious woman but staggered and was barely saved from death. Once Bonner rescued a little girl from a window where she stood surrounded by flames. She pleaded with him to leave her on the escape and go in after his little brother whom she said had fallen unconscious. Bonner jumped into what looked like a furnace, found the boy and saved him.

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## DECISION IN LIBEL CASE

### State Supreme Court Hands Down Important Opinion.

Columbia, Special.—An important decision was handed down in the Superior Court involving libel suits of \$10,000 each against The Charleston News and Courier and The Charleston Post by Augustus M. Flood, who was referred to in both publications as a "colored man," in their mention of his suit against the Charleston Street Railway. The decision is against the newspapers and the cases go back to the assessment of damages as a jury may see fit. The reference to Flood as a colored man was an error which the one paper fell into by reason of the other's lack of diligence, and both papers promptly apologized when the mistake was called to their attention. In the complaint Mr. Flood alleges that the reference to him as a colored man damaged his social and business position to the extent of \$10,000 in each case. The defendants demurred on the ground that under the fourteenth amendment damages as a jury may see fit. The reference to Flood as a colored man was an error which the one paper fell into by reason of the other's lack of diligence, and both papers promptly apologized when the mistake was called to their attention. In the complaint Mr. Flood alleges that the reference to him as a colored man damaged his social and business position to the extent of \$10,000 in each case. The defendants demurred on the ground that under the fourteenth amendment damages as a jury may see fit.

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## WILL SUCCEED BATE

### Frazier Selected in Place of Deceased Statesman

### CAUCUS ACTION IN TENNESSEE

#### Contest Expected to be Three-Cornered, For the Late Senior Senator's Seat, Resolves Itself into the Choice by Acclamation of the Present Governor, No Other Name Being Presented—Names of McMillin and Taylor Withdrawn, After Test Vote—Nominee 49 Years Old and New to Public Life.

Nashville, Tenn., Special.—Governor James B. Frazier was Wednesday afternoon nominated for United States Senator by the Democratic caucus of the State Legislature. The vote was by acclamation, no other name being presented to the caucus. When that body convened, it was supposed the contest was to be a three-cornered one, friends of former Governors Benton McMillin and Robert L. Taylor having been presented to the caucus. When that body convened, it was supposed the contest was to be a three-cornered one, friends of former Governors Benton McMillin and Robert L. Taylor having been presented to the caucus. When that body convened, it was supposed the contest was to be a three-cornered one, friends of former Governors Benton McMillin and Robert L. Taylor having been presented to the caucus.

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## AN IMPORTANT MOVE

### Large Milling Interests To Try Reduction of Hours of Labor.

Union, Special.—A very important move that may have far-reaching effects on cotton manufacturing interests throughout the South will be inaugurated on Thursday, March 16th, when the three big cotton mills, of which Col. T. C. Duncan is president, and Mr. W. E. Tlouchstone superintendent, and the Excelsior Knitting Mills, Mr. Emslie Nicholson president, will voluntarily reduce the 66 hours per week schedule and adopt the 10 hour a day system.

The Duncan Mills, in which this will be done, are the two Union cotton mills and Buffalo cotton mills, in Union's suburbs, and the Excelsior mills, which operate a total of 162,000 spindles and 4,400 looms, employ 2,600 operatives and directly affect 7,000 people. Through the work hours each day have been shortened, the wages paid spinners and piece workers will remain the same, and it is believed that the product will be equally as large and of better quality.

The matter of adopting a 10-hour a day system has been under consideration for some time, and was today officially decided upon by the board of directors and made known to the public. It is understood that the operatives in all the mills, having an intimation that the mill management was favorably disposed to the plan, petitioned unanimously, agreeing to accept the same wages for their work as on the longer day system, and the disposition to curtail hours does not signify that the mills are short on cotton, as it is stated on highest authority that there is a supply on hand to run all of them many months.

These adoption of this plan makes these mills the only cotton mills in the South operating under the 10-hour a day system, except in Virginia, where it is law, and a few in North Carolina. Whether or not the plan will go into effect in Col. Duncan's other mills, Seneca Cotton Mills and Pine Creek Manufacturing Company, at Camden, which together operate 36,000 spindles and 900 looms, has not yet been announced. Neither can it be learned today exactly what the other four large mills in Union county will do about reducing hours.

### Pardon Asked and Refused.

Gov. Heyward last week pardoned three convicts whose terms had expired or are about to expire and refused pardon to seven others. Some of the cases have already attracted attention.

Wm. S. Shipes, of Edgefield, after having served two years of a sentence of three years for housebreaking and larceny, was given a pardon. He was sentenced in March, 1903, the jury having been out two days and two nights. All of the jurors asked for the pardon and the judge and solicitor recommended it. There is said to have been grave doubt as to the prisoner's guilt.

Claude Dorn, also of Edgefield county, was convicted of having falsely packed cotton. He had nearly finished his term of servitude and his citizenship was restored on petition of a number of people.

Tom Lambert, of Beaufort, received a commutation of sentence from \$75 to \$50 on the charge of riot.

The most notable case, on account of the prominence of the relatives of the convict, was that of Sam Stags, of Spartanburg county. Stags was convicted of having killed John Chapman three years ago. It is now alleged that he was convicted on perjured testimony. Solicitor Sease and Judge Ernest Gary declined to recommend Stags' pardon. The witness alleged to be guilty of perjury has not been arrested and convicted of that crime. Those presenting the petition in favor of Stags make affidavit that Eugene Norman, who was one of the State's chief witnesses, stated that he swore falsely at the trial, and it was upon Norman's evidence that conviction was secured.

Bill McClintock, of Laurens, is under a ten years sentence on the charge of manslaughter. No good reason was given for interfering with the sentence. Bill killed Lee Phillips on the 30th of August, 1903. The deceased had come to McClintock's house as a boarder and had run off with McClintock's wife. Like George Haynes, McClintock waited a day or two before going after his wife, and this operated against him at the trial.

John Wax was convicted in Newberry county of burglary and larceny, and sentenced to serve fifteen months on the chaingang. He has served all of this time with the exception of two months, but Governor Heyward saw no reason why this should be taken from his sentence.

A refusal was recorded in the application of John Johnson, who was sentenced to pay a fine of \$100 or serve 30 days on the chaingang for assault and battery in Greenwood county.

A refusal was given in the application in behalf of Austin White, of Greenville, who is under sentence for manslaughter.

### Ex-Confederate to Escort President

Louisville, Ky., Special.—The Geo. B. Eastin Camp, United Confederate Veterans, has accepted the invitation of the committee on arrangements to act as an escort to President Roosevelt upon the occasion of his visit to Louisville, April 4. Thirty years ago the camp acted in a similar capacity when President Hayes was entertained here.

### Third Patterson Trial.

New York, Special.—The district attorney's office has announced the trial of Nan Patterson, who is charged with the murder of Caesar Young, will be moved to April 10th next. This is the third trial. The first resulted in a mistrial and the second ended in a disagreement.

### Philadelphia Bonds Delivered.

Washington, Special.—The delivery of Philadelphia bonds issued under the new act of Congress for \$2,500,000 was made Wednesday. These securities will bear interest at the rate of 4 per cent, redeemable in 10 years and payable in 30 years. Bids for the issue were received at the War Department March 10th.

### Killed on Reedy River Trestle.

Greenville, Special.—James Burgess, watchman at the Carolina Mills, was run over and instantly killed on the Reedy river trestle by Southern railway train No. 36, arriving from Atlanta. Mr. Burgess lives at the American Spinning Company's village and was on his way home from his work. The road from the Columbia and Greenville Junction makes a sharp curve between the junction and the southern end of the trestle and it was impossible for the engineer to see the trestle until he was on it.

## SPOKE

### President Roosevelt M... and Wholesome

### THE GLORY OF TRUE HEROISM

In an Address Before a National Gathering the President Emphasizes the Prime Importance of a Wholesome Home Life to the Perpetuity of the Nation and the Happiness of the Individual.

Washington, Special.—An address by President Roosevelt was the feature of the evening session of the National Congress of Mothers, now holding its triennial convention at the Metropolitan M. E. church. There was an immense attendance. The President was formally introduced to the audience by Mrs. Frederick Schoff, of Philadelphia, the president of the congress. He received his speech, but occasionally interjected some extemporaneous remarks to emphasize a point. The President spoke as follows:

"In our modern industrial civilization there are many and grave dangers to the children of the nation. The splendors and triumphs. It is not a good thing to see cities grow at disproportionate speed relatively to the country; for the small land owners, the men who own the little homes, and therefore to a very large extent the men who till farms, the men of the soil, have hitherto made the foundation of lasting national life in every State; and if the foundation becomes either too weak or too narrow, the superstructure, no matter how attractive, is in imminent danger of falling.

"But far more important than the question of the occupation of our citizens is the question of how their family life is conducted. No matter what the occupation may be, as long as there is a real home and as long as those who make up that home do their duty to one another, to their neighbors and to the State, it is of minor consequence whether the man's trade is pined in the country or the city, whether it calls for the work of the hands or for the work of the head.

"But the nation is in a bad way if there is no real home; if the family life is not of the right kind; if the man is not a good husband and father, if he is brutal or cowardly or selfish, if the woman has lost her sense of duty, if she is sunk in rapid self-indulgence or has let her nature be twisted so that she prefers a sterile pseudo-intellectuality to that great and beautiful development of character which comes only to those whose lives know the fullness of duty done, of effort made and self-sacrifice undergone.

HOME LIFE ALL-IMPORTANT.

"In the last analysis the welfare of the State depends absolutely upon whether or not the average family, the average man and woman and their children, represent the kind of citizenship fit for the foundation of a great nation; and if we fail to appreciate this we fail to appreciate the root and soul upon which all healthy civilization is based.

"No piled-up wealth, no splendor of material growth, no brilliance of artistic development, will permanently avail any people unless its home life is healthy, unless the average man possesses honesty, courage, common sense, and decency, unless he works hard and is willing to need to fight hard; and unless the average woman is a good wife, a good mother, able and willing to perform the first and greatest duty of womanhood, able and willing to bear, and to bring up as they should be brought up, healthy children, sound in body, mind and character, and numerous enough so that the race will increase and not decrease.

DIVISION OF LABOR BY SEX.

"There are certain old truths which will be true as long as the world endures, and which no amount of progress can alter. One of these is the truth that the primary duty of the husband is to be the home maker, the bread-winner for his wife and children, and that the primary duty of the woman is to be the helpmeet, the housewife and mother. The woman should have ample educational advantages; but save in exceptional cases the man must be, and she need not be, and generally ought not to be trained for a lifelong career as the family bread-winner; and, therefore, after a certain point the training of the two must normally be different, because the duties are normally different. This does not mean inequality of function, but it does mean that normally there must be dissimilarity of function. On the whole, I think the duty of the woman the more important, the more difficult, and the more honorable of the two; on the whole I respect the woman who does her duty even more than I respect the man who does his.

WOMAN'S WORK THE NOBLER.

"No ordinary work done by a man is either as hard or responsible as the work of a woman who is bringing up a family of small children; for upon her time and strength demands are made not only every hour of the day but often every hour of the night. She may have to get up night after night to take care of a sick child, and yet must by day continue to do all the household duties as well; and if the family means are scant she must usually enjoy even her rare holidays taking her whole brood of children with her. The birth pangs make all men of sympathy and regard are due to the struggling wives among those whose Abraham Lincoln called the plain people, and whom he so loved and trusted for the lives of these women are offered on the lonely heights of quiet, self-sacrificing heroism.

"Just as the happiest and most honorable way for any man to earn his money is to support his wife and family, so the bringing up and starting in life of his children is the most important of his most honorable and noblest duties, which can be set any woman is to be a good wife mother in a home marked by self respect and mutual forbearance, by willingness to perform duty, and by refusal to sink into self-indulgence or avoid that which entails effort and self-sacrifice. Of course there are exceptional men and exceptional women who can do and ought to do much more than this, who can lead and ought to lead great careers of usefulness in addition to—not by speaking of the primary duties, I am speaking of the primary citizen, average men and women who live up the nation.