#### SOUTHRON. WATCHMAN AND THE

#### BEANS BETTER THAN WHEAT.

The Former Said to Be More Especially the Food of Civilization.

The bear is a better food than wheat, and is more especially the food of civili-nation. The average graham bread has but 9.5 per cent. of protein, while beans ate 23.2 per cent, or two and a half frace as much. The function of protein as food is principally to form the basis of blood, missele, connective tissue, etc. Herein is the attrogen that furnishes nerve and brain nourishment. Graktin bread has 1.4 per cent. of fat, while beans have 2.5 per cent. Of carbohy-drates, beans have 53.7 per cent. and grahom bread 53.3 per cent, including woody fiber for the latter. The service a carbohydrates is to be transformed into fat and to be burned as fuel; as in the case of the fats themseives. The chiefaso of the carbohydrates of wheat breat cems to be to serve for fuel, though they are also transformed into fats. In power to keep the body warm and to furnish muscalas energy (not muscle), graham bread hardle equals beans, and if we take into account the animal fats which nen have always instinctively combined with beans, no could the cooked bean is much richer than wheat as a heat and force food. The mineral matters in graham bread, which are reduced to 1 cont. in wheat bread, amount to only No per cent., while beans have 3.6 per

orm bece and blood. In no respect, then, are cooked beans Inferior to graham bread as food, and in most respects they are-more than twice as mutritions, particularly in those substances that go to brain and nerve nourfir to presume that beans would have thickly inclusted with diamonds and made a more vigorous man than wheat bes dens, with its large amount of starch to be converted into fat and heat. In food, the advantage of beans over wheat of gold and precious stones. The whole same may be said of them for long this was but one of many .- Wolf von marches and military campaigns. It is a Schierbrant in The Cosmopelitan. matter of common experience that people are made corpulent by eating starchy foods, and these unwieldy bodies are not so healthy and workable as the leaner ledies of other people. A good diet for persons who want to reduce flash is made ep of leguminous foods, and these have been eaten in such cases with successful result. It is not easy to over eat the leguminous foods, for they soon satisfy the cravings of hunger. Professor At- hundred, is kept in rigorous cleanliness.

sulting from over eating are greater and Czar Nicholas was the most striking featmore common than those resulting from the intemperate use of alcoholic drinks. Whether this is fally true or not, the ills from over eating are incalculable, and greatly reduced if beans had been sub-stituted for wheat.

Other things equal, the bean enter will prevail over the wheat eater and over the potato and the rice eater. The Arabian bean eaters came within one battle of sprending Mohammedan civilization all ever Europe. The superiority of the bean over wheat would have made Eusopeans a stronger and better nourished people than they have been as wheat enters, and equility as energetic, and they would have had the food that would have made possible, not to say probable, a higher degree of intelligence. If beaus had been substituted for wheat, the effect on the agriculture of the world would have been idealculable. In Massachusetts, in 1880, 963 acres produced 15,768 bushels of wheat, or 16 1-3 bushds per acre. The average product in the United States in that year was but 13 bushels. The product of beans in Massachusetts in 1875 was 41,879 bushels from 1.834 acres, or 31 bushels per acre. Therefore, since beans are about two and • half times as nutritious as wheat (the smined fat mixed with cooked beans reinces the exception in the matter of fuel, and since an acre produces twice as much beans as wheat, then it follows Chat five times more nutriment is got from an acre of beans than from an acre of wheat. The western farmer might till but one screin five of his wheat area if he could raise beans, and people would eat them instead of wheat. The savings of land allage in the United States would amount to four-fifthe of the wheat area, or to 44.260 square miles. according to the census of 1880, and the same amount of putriment would still be got for the section and the world-that is to say, an area larger than the state of Pennsylvania, and larger than the state of Ohio, would be freed from the necessity of pro-fucing sustenance for the human race, taking account of the land in the United States alone. When the time comes, which is generally expected when the presure of population will try the ability of the soil to sustain it, the substitution d beaus for wheat will be a live ques-Good Housekeeping. Drawbacks to Hygfenic Living. "On all eldes the habits and customs of filized life compel us to tolerate, as best to can, a thousand and one drawbacks to strictly hygienic living. Nature has wisely made liberal provision for deviations from an ideal or perfect standard. The climate we inhabit is far from perfect; alternations of heat and cold, cressive lumidity and excessive dryness, ell contribute to overtax and depress the vital powers. The food we cat is in no. ense ideal; the water we drink is fremeetly anything but the pure and sparkand the air we breathe is, for the most part, loaded with every conceivable kind. of visible and invisible impurities-germs, spores, organic motes, foul gases, the ex-halations of animal bodies and putrefying waste -- Hall's Journal of Health.

### with a wreath, joins her, and they stand with clasped hands at the altar while the long ritual is read by the priest. Three

times the wreaths are interchanged by the priest in the name of the Father, Son

Bridegroom, then to the bride. afterward to the best man and first bridemaid, whose duty it is to be godfather and god-School Times.

The Shah's Finest Charger.

The Persians of today, as those of old, are a "horsey" race, born riders, fond of their horses, looking never complete till seen in the saddle, with all the luxurious trappings and ornaments they love to bestow-cpon their persons and their quad-Tupeds. The beauty and superior broed of a horse, together with the costliness of his apparel, are an unfailing indication of the owner's wealth and station. And such harness, such saddles, girths and bienkets! It is the Arabian Nights redi-VIVIIS.

On race day last spring, after the confests were over, the shah caused his finest charger, a Turcoman of magnificent proportions, to be brought in front of the huge pavilion tent wherein the whole. cent of them. These help largely to European and American diplomatic corps was assembled. What a fine fellow the animal'was, and how he was admired and caressed by the ladies! But what was especially noticeable about him was the splendor of his accoutrements. A saddle blanket of the finest cashmere, inhment and to the building up of the every square inch of which was worth muscles and benes of the body. It is several gold pieces; his broad bridle emeralds and rubies, each the size of a hazelnut; the bit of pure gold, and the saddle straps and other pieces made of case of famine and a small supply of velvet and embossed with artistic lumps would have been considerable, and the outfit was worth a large fortune; and

Seen in the Czar's Palace-

On the way to the apartments of state my distinguished escort, Prince Bariatinsky, stopped, and, running his finger across a mahogeny panel, said: "You see there is no dust here; it makes no difference whether the emperor is absent or at home, it is always the same." Every room, of which there are several water maintains that the bodily ills re- In the art gallery the individuality of the ure; a superb life size portrait here, a tempt to resent the railery of the bymarble bust there, a bronze statue yonder, gave a good idea of the handsomest | humored-would be apt to result disman of his day. A veritable Apollo of they would have been and would be physical perfection, with a callous face, Century. expressive of autocratic pride and af-

fected ; humility, the face of a typical Romanoff, who could, if necessary, like Peter the Great, drink bumpers of wine gress with his system of distributing with one hand and decapitato with the compressed air for motive power purposes other. It was the likeness of a type I | in Paris. The works for compressing the had never seen in life, and only from the air in the Rue St. Fargeau, at Menilhands of antique sculptors had I wit- montant, are of considerable magnitude. meters, of which an extent of 2,000 -Jesse Shepard in Chicago Journal. meters is roofed over. There are already

CUCKING OF THE BRONCOL One of the Recreations of the Cowboy.

Tataring & Victous Brute. While the head men are gathered in a and Holy Ghost. Three times the pair Attle knot, planning out the work, the is led by him round the altar; a glass of others are dispersed over the plain in consecrated wine is offered first to the every direction, racing, breaking rough horses, or simply larking with one another. If a man has an especially badhorse, he usually takes such an opportumother to the children. The caremony wity, when he has plenty of time, to ride ends with kisses, congratulations and him; and while saddling he is surrounded leave takings, much the same as in our by a crowd of most unsympathetic assoown country.-Susan Wallace in Sunday ciates, who greet with uproarious mirth any misadventure. A man on a bucking horse is always considered fair game, every squeal and jump of the bronce

being hailed with cheers of delighted irony for the rider and shouts to "stay with him."

The antics of a vicious bronco show infirste-variety of detail, but all are modeled on one general plan. When the rope settles round his neck the fight begins, and it is only after much plunging and snorting that a twist is taken over his nese, or else a hackamore-a species of severe salter, usually made of plaited hair, slipped on his head. While being bridled he strikes viciously with his fore feet, and perhaps has to be blindfolded

dled, he may get rid of his exuberant spirits by bucking under the saddle, or may reserve all his energies for the rider. getting his head down until he is fairly seated, swings himself quickly into the saddle. Up rises the bronco's back into an arch; his head, the ears laid straight back, goes down between his fore feet, and squealing savagely, he makes a suc-cession of rapid, stiff legged, jarring

bounda Sometimes he is a "plunging" bucker, who runs forward all the time while bucking; or he may buck steadily in one place, or "sunfish"—that is, bring first one shoulder down almost to the ground and then the other, or else he may change ends while in the air. A first

the horn of the saddle-the delighted ontented to get through the affair in any shape provided he can escape without being thrown off. An accident is of necessity borne with a broad grin, as any atstanders -- which is perfectly good astrously .- Theodore Roosevelt in The

Compressed Air for Motive. Power.



We do not wonder at some of our fellow merchants turning green with envy when they note our unprecedented success. We ask favors of no one, but will continue as heretofore to be the leaders of the most fashionable Dry and Fancy Goods and or thrown down; and to get the saddle the Lowest Prices ever offered in Sumfer.

We say again our Pluck, Sagacity and Deterhold with his left hand of the check mination have been the means of keeping prices and only hand sewed welt \$4 shoe, which equals custom-made shoes costing from \$6 to

Friends and patrons ask yourselves the question have dry and fancy goods ever been sold as cheap before in Sumter as they have been since Schwartz Bros. opened. We sell our goods at the lowest posout moving from the saddle, quirting his horse all the time, though his hat may be jarred off his head and his revolver sible cash prices and not at prices to suit lieners, out of its sheath. After a few jumps, and those who have accounts with us can buy as lookers meanwhile carnestly advising cheap as for cash.

We say again, We ask favors of no one.

Our Low Prices, Superior Styles and Square Dealing is what's lifting our business onward. M. Victor Popp is making good pro-Whereas we are the leaders of low prices we do not SUMTER MARBLE WORKS, hands of antique sculptors had I wit-nessed it in the form of chiseled marble. —Jesse Shepard in Chicago Journal weters of which an extent of 2 000 cost.

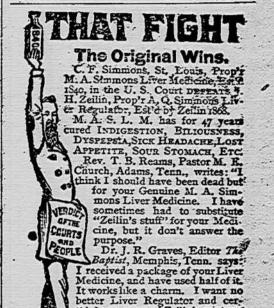
## The only fine calf S3 Seamless Shoe in the world made without tacks or noils. Asstylish

and durable as those costing \$5 or \$6, and having no tacks or nails to wear the stocking or hurt the feet, makes them as comfortable and well-fitting as a hand sewed shoe. Buy the best. None genuine unless stamped on bottom "W. L Douglas \$3 Shoe, warranted." W L. DOUGLAS \$4 SSOE, the originat and only hand sewed welt S4 shoe, which

W. L. DOUGLAS, \$2.50 SHOE is upen

celled for heavy wear. W. L, DOUGLAS S2 SHOE is orn by all Boys, and i. the test school shoe in he world: All the above goods are made in Congress, Button and Lace, and if not sold by your dealer, write W. L. DOUGLAS, drockton;

> J. Ryttenberg & Sons, A ents, SUMTER, S. C.



Canals of the Paujab.

The irrigation canals of the Punjab are fivided into two classes-the perennial or constant type, and those which store and distribute the inundation water only. Of the first class there are 1,320 miles of advantage .- Youth's Comparion. main canals and 3,024 miles of distributors; of the latter there are 2.440 miles

Ppenmonia and Kindred Diseases. Springs water, as a remady for the Liver The strong presumption is that much when functionally deranged. Dyspepsia, of the affliction is caused by what are Dropsy, certain skin diseases, troubles in the called modern improvements in heating Kidneys and Spleen, if produced by the Liver, houses. Nothing has taken adequately have all, as I know, disappeared at the the place of the chimney as a ventilator. Springs Dr. JAMES MCINTOSH, President of the Med-Open flues have grown fewer and fewer, ical Association of South Carolina, in his anand the oven principle has been substinual address before that body remarks: tuted in the halis as well as the rooms of "Glenn Springs, for diseases of the Stomach the average Fl ventilated household. To Liver and Kidneys, deserves to rank with walk outdoors is to suddenly transfer any other on the continent." the individual to another climate. The PRICE OF WATER. over or ill regulated heating has been ac-Per case of two dozen quart bottles, securely companied by an increase of closet and packed and delivered on the train at Spartan other drains that the utmost care apburg, \$4.00. parently cannot prevent from affecting Per gallon, by the barrel, delivered at the interior atmosphere. Our people Spartanburg, 20 cents. . with slats so close together that persons | have been made physically more tender Fer gallon, for less than a harrel, 25 cents. within can see without being seen. A | in various ways. They ride in warm Address SIMPSON & SIMPSON, Glenn Springs, S. C. For sale in Sumter, by Dr. A. J. China and cars more and walk less than formerly. curtained with satin, each borne by two The elevator has robbed them of salutary exercise they used to take. Modern com-Dr. G. S. Sealy forts, so called, and conveniences are PUBLIC NOTICE probably being bought too dear. They should either be made better or used less.

Coban Cart and Cartman.

fixed and in operation seven steam engines of 400 horse power and two of 100 There are several thousand mule and horse power each; a total of 3,000 horse ox carts in and about Havana. You canpower. The conduits have already been not find in Cuba a dray or four wheeled laid over the whole area comprised bewagon. This Cuban cart is literally a tween the line of the boulevards and the great affair. The wheels are frequently Rue de Rivoli. These are sometimes laid ten feet in diameter, the fellocs six in trenches cut for the purpose and someinches broad and as thick, the spokes as big as your leg and the hub like a half bushel basket. Many are covered like cember a little over thirty miles. This cember a little over thirty miles. This the old "emigrant" wagons; great rush pouches dangle from beneath, and the source of power is used for working electric light machinery in a large numshafts are together larger than the little ber of establishments, among which may mule's entire body. A tremendous load be mentioned the Cafe Americain, the is piled upon this cart, and, benignly Cafe de Paris, the Cafe Anglais, the perched upon that, is your Caban caroffices of The Figaro and The Jardin retonero or cartman, with shirt rolled to d'Hiver .- New York Graphic.

out of blue eyes down here below. The

great volcano of Sicily, and the highest of

Europe, is thirty miles away, but it is so

clear, so distinct, so perfect in its details

and outlines, that it looks as if we might

walk to the summit in an hour. As we

look the sun goes down almost behind it,

tingeing its vapor with yellow and red and

making the grand old snow coated moun-

tain look as if it were waving a streamer of fire.-Will Carleton in New York Star.

Forsonal.

Mr. N. H. Frohlichstein, of Mobile, Ala.,

writes : I take great pleasure in recommending

Dr. King's New Discovery for Consumption,

having used it for a severe attack of Bronchitis and Catarrh. It gave me instant relief and en-tiroly cured me and I have not been afflicted

since. I also beg to state that I had tried other

remedies with no good result. Have also used Electric Bitters and Dr. King's New Life Pills.

both of which I can recommend. Dr. King's New Discovery for Consumption, Coughs and Colds, is sold on a positive guar-

Trial bottles free at DeLorme's Drug Store. 1

Glenn Springs Mineral Water.

of the State.

DR. L. C. KENNEDT, of Spartanburg, writes the Proprietors: "The remedial qual-ities of Glenn Springs I have known for over

Dyspepsia from gastric or functional derange-

eases I would particularly call attention, as the waters have shown large curative powers

The following are selected from many sim-

Testimonials of Eminent Physicians

the shoulders, wide linen breeches, sprawling slippers, and, despite the sun, a jaunty cap of red or blue, no larger Sicily's Famous Volcano. But what is that pyramid of white away off to the southwest, with clouds of

than and precisely the same shape of a full grown mushroom. The caps tell the nationality. Those wearing red ones are from Navarre, while the Biscayans are the mountain king of Italy-the far invariably told by the blug.-Edgar L. Wakeman's Letter.

#### Fruits as a Food.

Fruits in general contain but little nutriment, but are of value as a food from their appetizing and pleasant taste; from their supplying in an agreeable way waten necessary to food, and from the general laxative effect of the acid present. In addition, both fruits and vegetables supply the body with potash. In this way they counteract the scurvy engendered by a dict of salted ments. The only methods of preserving foods known to ancients were drying and salting, both of which fail to preserve the flavor .--Chicago Times.

New Kind of Pavement.

A new sort of pavement consisting of alternate hard and soft blocks gives a surface that will never grow smooth and slippery .- New York Sun.

Telegraphy by the Clouds. A remarkable experiment in signaling with electric lights was recently made it the officers of two vessels of the British navy, the Orien and the Espoir, of the port of Singapore. The Espoir had sailed from that port for Hong Kong, leaving the Orion in the harbor of Singapore. When the Espoir was sixty miles distant the Orion sent her a message by means of the electric light.

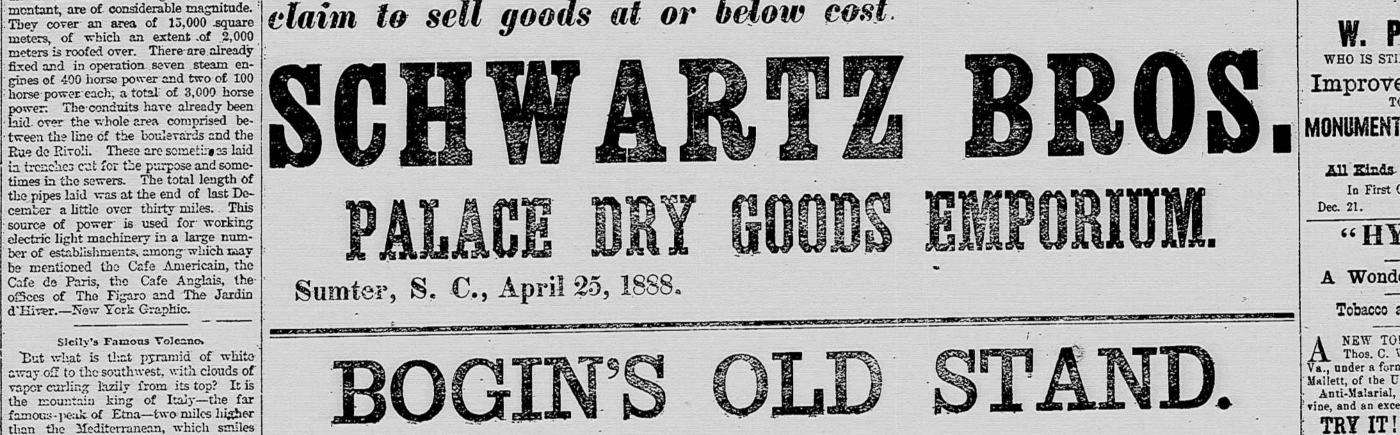
But can a light be seen sixty miles at sea? Certainly not, in its direct rays; but the Orion threw a brilliant blaze of forty years, and can attest to its value in light upon the clouds, and the reflection of this light was distinctly seen on board | ment of the Liver, General Debility, Dropsical the Espoir. More than this, the Onion, Effusions. Uterine Irregularity and Affections

#### having thrown upon the clouds a regular of the Kidneys and Bladder. To the last dismessage by means of successive flashes, this message was read and understood on board the Espoir. The question has been

a these complaints." Dz. C. B. MAYER, of Newberry, S. C., asked whether this means of communisays: "I have sent more than hity persons enflering with Jaundice to these Springs, and cation might not be made of practical have never been disappointed in any case; they all speedily recovered. I cannot find

lar ones :

words to express my confidence in the Gienn



HEADQUARTERS FOR CHEAP GOODS. 

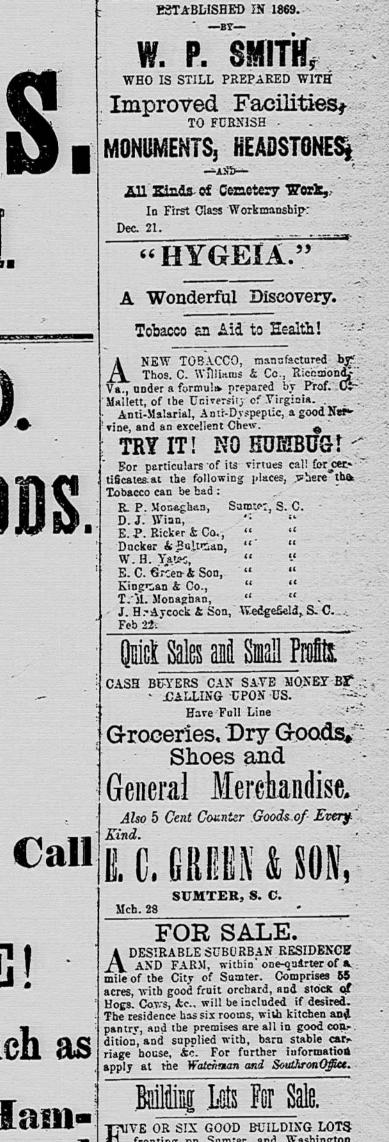
### BUSINESS! MEAN

am now selling goods at Hard-pan Prices. Call E. C. GREEN & SON, and be convinced.

# BARGAINS IN EVERY LINE!

sell you special bargains in every department, such as apply at the Watchman and Southron Office.

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ranted and satisfaction guaranteed, by Miss

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Old Pictures Copied and Enlarged.

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The Instantaneous Process.

Hch 14

of canal and 641 miles of distributing canals. In 1986-7 the perennial canals irrigated 1,011,061 acres, and the mundation canals watered 939,579 acres, a total of 1,950,640 acres. The crops produced are sugar cane, rice, cotton and wheat, the last covering an area of 747,-514 acres in 1887; this is the largest on second -Engineering News.

Wedding in a Greek Church.

The prettiest wedding procession I have seen was in Constantinople-a stately and rejoicing march, though without music. Fancy a narrow street of high stone houses with projecting balconies, latticed long line of sedan chairs, cushioned and men holding poles, and keeping step together like trained horses; their uniform braided jackets, baggy trousers and scarlet jez made festal by a bunch of lilacs a the becom-for it was rejoicing -New York Workl. spring, and the gardens of the Bosphorus were radiant with color and bloom. at the head of the column an armed attendant, in gorgeous costume, with whip in hand, cleared away dogs and gaping initis. They were en route for the Greek church outside Pera, and the beauty of the beautiful race was on the bride. The shining face at the window was like some lovely human flower, too tender for exposure, blossoming under glass. On the classic head a wreath of crange flowers, to be laid away on the norrow and carefully kept for her burial. As they near the charch door a bridal

Burning folid Fetrelcum.

ing petroleum by heating it for the space of half an hour with from 1 to 3 per office for convenience and use of persons, who cent. of common soap, until the latter may desire to make any complaint in rotation has quite dissolved in the petroleum, forming with it a homogeneous mass of Ordinance of City of Sunter; such complaint the consistency of tallow. Cut up in cubes, this compound can be used as fuel signed by the complainant, or complaint may for heating purposes. It does not ignite be made by postal card or letter, addressed to easily, but when once set on fire it burns the Mayor; and that the Mayor will attend steadily, slowly and smckelessly, leaving at Council Chamber, daily from 9 to 10

the slow steps of the tail cent of the birds slower than to the birds, local all in burns three times slower than the latter.cent. of its weight. Solid petroleum burns three times slower than coal, but affairs.

Feb

#### COUNCIL CHAMBER,

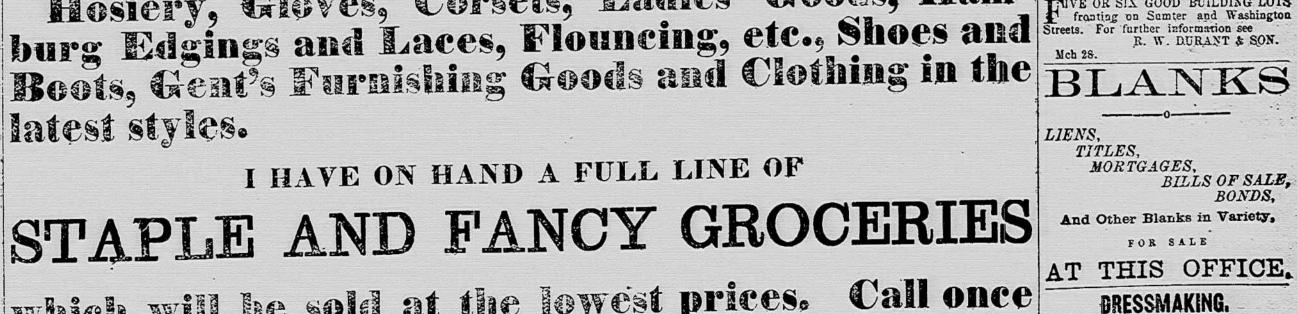
SUMTER, S. C. April 17, 1888.

According to The Revue Scientifique, FIME CITIZENS OF CITY OF SUMTER Dr. Kaufmann has succeeded in solidify- | are hereby informed, that a Complain ook will be kentat the Clerk and Treasurer's to any matter pertaining to the streets, lamps, public wells, bridges, etc., or violation of any ies the slow steps of the car- a carbonaceous residue of about 2 per o'clock, A. M., for trial of cases for violation

Clerk & Treasure

By order of Mayor. C. M. HURST,

April 18



which will be sold at the lowest prices. Call once and you will call again.

Especial attention paid to Trimmings in the latest Adele Osteen, Republican street, opposite work can be done for. Feb 8 styles. Samples sent by mail on application.



Bogin's Old Stand, Sumter, S. C.