

**THE BEAT OF THE PULSE.**

**It Varies Greatly in Different Persons and Conditions.**

The pulse of women generally beats at a slightly faster rate than that of men. It may be said that when a person is at rest his pulse, that of any adult, may be from seventy-five to eighty times a minute. Great variations exist in different individuals in respect of the number of beats. After exercise the pulse quickens because of the stimulation of the heart, and the same result applies to the effects of taking food. A dose of alcohol will also stimulate the pulse somewhat, just as the use of tobacco, especially in excess, will tend to have an opposite effect—namely, that of lowering the rate of the pulse, because of the depression of the heart which results. In fevers and inflammatory diseases the pulse rate tends to be very much increased and also in respect of its character. Instead of beating quietly the blood vessel in such cases exhibits a very full and bounding movement. On the other hand, where depression exists and the temperature of the body falls, the pulse may be unnaturally slow and its character weak. Physicians are accustomed to distinguish other characteristics in the pulse, such as become valuable hints in the discovery and determination of disease. The practical lesson we learn here is that where the pulse continues for any length of time to have its beats quickened to an unnatural degree and where especially a rise of the temperature or heat of the body accompanies these symptoms we ought to suspect some kind of feverish condition or other to be represented. The pulse alone forms a valuable enough guide to this state of the body, but its value is very much increased if to the information given us by the pulse we add that which the use of the thermometer supplies.—*Cardiff Times.*

**NAMES OF DAYS.**

**The Latin and Saxon Terms From Which They Are Derived.**

Our names for each day are derived from the Saxons, who probably borrowed the week from some eastern people, substituting names of their own divinities for those of the classical gods, as is easily seen when the names are tabulated:

Latin.	Saxon.	English.
Dies Solis.....	Sun's day.....	Sunday.
Dies Lunae.....	Moon's day.....	Monday.
Dies Martis.....	Tiw's day.....	Tuesday.
Dies Mercurii.....	Woden's day.....	Wednesday.
Dies Jovis.....	Thor's day.....	Thursday.
Dies Veneris.....	Frige's day.....	Friday.
Dies Saturni.....	Saturn's day.....	Saturday.

Among the ancients the belief in the influence of the planets upon the life of men was so strong that many in selecting their daily ornaments would wear only the gem associated with the planet of the day. Thus on Sunday only yellow gems and gold should adorn the fingers. Pearls and white stones, excepting diamonds, belonged to the Moon day. Tuesday, day of Mars, claimed rubies and all stones of fiery luster. Thursday, Thor's day, demanded amethysts and deep colored stones of sanguine tint, while Friday, dominated by Venus, reigned over the emerald, color of jealousy, which is love's shadow. Saturday, dedicated to Saturn, oldest of the gods, had for its distinctive talisman the most splendid of all gems, the diamond.—*Chicago Record-Herald.*

**His Time For Drinking.**

In the days of river driving on the Kennebec river in Maine old Uncle Jim Gilbert was a well known character. He was hale and hearty and had an enormous appetite. The men used to come down the river with a drive of logs and get a meal at a tavern in Augusta. One morning, arriving late and with appetite sharpened, old Uncle Jim sat down with the first set of men and ate diligently during the time these men made a meal. A new set of men came and still Uncle Joe ate steadily. A third set came, and the tavern keeper, becoming alarmed, tried to hurry up the protracted meal by saying, "Better drink your coffee, uncle, and have another cup!" "No," said the old man. "I never drink till I'm half through!"—*Boston Herald.*

**Return of the Prodigal.**

"I do play in tough luck sometimes," declared the impecunious girl. "Last night, you remember how it rained. I happened to be in the neighborhood of some friends of mine whom I had not seen since the last hard rain. I concluded to call. Before they asked me in they grabbed the umbrella I carried, hurried across the room with it, placed it in a closet there and locked the door on it.

"Thank heaven!" they cried. "At last! Our long lost umbrella!"—*New York Press.*

**A Stetson Story.**

The late John Stetson, famous in his day as a theatrical manager, was having a yacht built, and a friend, meeting him on the street, asked him what he was going to name the boat. "I haven't decided yet," replied John, "but it will be some name commencing with S, probably either Psyche or Clinch."

**His Part.**

Magistrate (to witness)—I understand that you overheard the quarrel between the defendant and his wife? Witness—Yes, sir. Magistrate—Tell the court, if you can, what he seemed to be doing. Witness—He seemed to be doing the listening.

**Optimistic View.**

Tom (proudly)—Miss Pinkleigh has promised to be my wife. Jack (consoling)—Oh, don't let that worry you. Women frequently break their promises.—*Chicago News.*

Inquire of the young people; they know everything.

**THE STRANGLING FIG.**

**A Curious Tropical Tree That Lives Upon Other Trees.**

Visitors to Mexico and other tropical countries often have their attention called to "the strangling fig"—a tree that commences its growth as an epiphyte—that is, one form of plant life that grows perched on another—far up on the trunk or among the branches of another tree, usually on a palmetto or some of the kinds of palms. The roots of the strangling tree extend downward around the host tree to the ground, gradually joining together, making a tubelike mass of roots sometimes as much as six feet or more in diameter.

When the attacked tree is a palm death to it is caused not so much by the binding around the trunk as by shading out its branches by the attacking tree.

When the attacked tree is an exogen—that is, one with wood and bark—the attacking roots bind so tightly as to cause a stoppage of the flow of the sap. As the sap of a tree is really its food (unchanged by the leaves so that it can be used) and the flow of the food is thus stopped, the attacked tree is really "starved" to death. So death to the attacked tree is caused either by smothering or by starvation or by both. The peculiar manner in which the flattened roots extend down and around the tree give them the appearance of some thick, slow flowing material running down the tree.—*St. Nicholas.*

**GRIM OLD CROMWELL.**

**The Protector Made Christmas a Gloomy and Serious Day.**

"Christmas was illegal in Cromwell's time," said an antiquary. "Those grim old Puritans were so gloomy that they would not have any gayety even on Christmas day.

"Cromwell said that holly and mistletoe were heathenish things. He said that they had no real Christian significance; they were a part of some pagan festival of the Druids. Accordingly he made a law that if you decorated your house with mistletoe at Christmas you got thirty days in jail.

"The terrible old fellow forbade Christmas celebrations—no dancing, no singing, no playgoing, no feasting on Christmas day; penalty, thirty days. "You see, it was his idea that Christmas was a religious, a serious time, a time for churchgoing and prayer and reverence and for nothing else. The innocent family that in Cromwell's day sat down to turkey and plum pudding and wound up with Christmas games got a month all round.

"Only for a time, though. The people rebelled. Willing as the people had been to put on the gloom of those dreadful old Puritans, they insisted on having a little joy on Christmas day, and Cromwell after a year or two had to give in to them."—*New Orleans Times-Democrat.*

**"The Woman in White."**

In a letter to Charles Dickens, Wilkie Collins intimated the fact that the great work upon which he had devoted so much time was finished, but that the finding of a suitable title had occasioned him much trouble. Eventually, feeling somewhat run down in health, he left London for Broadstairs, a resort which was a favorite with both Dickens and Collins. While lying on the cliff in a meditative mood one bright morning his eyes suddenly riveted themselves on the white light-house which stood boldly out in the foreground under the dazzling rays of the midday sun. As he gazed Collins in a semiconscious manner addressed himself in a whisper to the light-house. "You are as stiff and as stateless as my white woman," said he. "White woman! White woman—the woman in white. Eureka! I have got it!" And so the book was given this curiously inspired title.

**The French Idea.**

The Frenchman of the middle class sacrifices everything in order to obtain for his children some official position or other, a mean one, perhaps, but a sure one, leading after thirty years of penury to a pension verging on destitution. This is one aspect of the decay of the French race. It is easy to understand that two races are not evenly armed for the struggle for life if one be made up of aspirants to official position and the other of individuals possessing initiative, daring and energy. For this reason do Latin races decline, while Anglo-Saxon races grow and multiply.—*Paris Siecle.*

**Bow and Arrow Fishing.**

In the south seas and in various groups of islands in the Indian ocean the aborigines shoot fish with the bow and arrow. The art is extremely difficult, as in taking aim at an object under water the archer has to allow for refraction. If he were to aim directly at the fish as he sees it, he would, of course, miss. Long practice has, however, made the natives expert to a wonderful degree in this sport.—*London Saturday Review.*

**It Was Tough.**

The waiter girl knew a thing or two about table etiquette, so she sniffed scornfully as she said, "It's not our custom to serve a knife with pie." "No?" remarked the patron in surprise. "Then bring me an ax."—*Christian Register.*

**He Writes For Money.**

Lady Gushington—So your son is a real author! How distractingly interesting! And does he write for money? Practical Dad—Yes; I get his applications about once a week.

**Her Perch.**

"Did he propose to her on his knees?" "No, but she accepted him on them."—*Houston Post.*

**Racine at His Work.**

Racine, the French writer, composed his work while walking rapidly about, shouting out the lines in a loud voice. One day while he was thus composing part of his play of "Mithridates" in the Tuileries gardens in Paris he was surrounded by a group of workmen who took him to be a maniac. On his return home from these walks he would write down scene after scene in prose, and when they were finished he would exclaim, "My tragedy is done!" considering the transposition of the lines into verse only a trivial thing.

**A Remarkable Church.**

A small watering place in Austria named Eichwald can boast of possessing a remarkable church. It was first built by an Italian architect at Venice at the expense of Prince Carlos Clary-Aldringen, who is a great admirer of Italian architecture. When it was finished the church was taken to pieces and packed in thousands of numbered cases for transportation to Eichwald. At that place it was eventually rebuilt and then made over to its inhabitants as a gift from the prince.

**Almost an Insult.**

Bess—Yes, the engagement's off. He told her she ought to give up novels and read something more substantial—something that would improve her. Ben—Well? Bess—Gracious! Don't you see? The idea of a man intimating to his fiancée that she could be improved in any way!—*Exchange.*

**But He Realizes It Now.**

Mrs. Benham—Many a true word is spoken in jest. Mr. Benham—That's so, I little dreamed when I said, "With all my worldly goods I thee endow," that you would take every cent I had.—*Twinkles.*

When a man is drifting with the stream he is likely to think that the stream has ceased to flow.—*New Haven Leader.*

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**Do Not Endanger Life When a Newport News Citizen Shows You the Cure.**

Why will people continue to suffer the agonies of kidney complaint, backache, urinary disorders, lameless headaches, languor, why allow themselves to become chronic invalids, when a certain cure is offered them? Doan's Kidney Pills is the remedy to use, because it gives to the kidneys the help they need to perform their work.

If you have any, even one, of the symptoms of kidney diseases, cure yourself now, before diabetes, dropsy or Bright's disease sets in and death results. Read this Newport News testimony:

Mrs. R. L. Watson, wife of R. L. Watson, the well known foreman in the fitting department of the shipyard, residence 220 Thirty-first street, says: "When I say that the results obtained from the use of Doan's Kidney Pills both surprised and gratified me, I very mildly state the facts. The remedy cured a dull aching in the small of my back which has annoyed me for some time. It is astonishing how quickly the medicine takes effect. Sufferers from backache who will go to Stearnes' Drug Store for Doan's Kidney Pills need have no fear of a disappointment."

For sale by all dealers. Price 50c. Foster-Milburn Co., Buffalo, New York, sole agents for the United States. Remember the name—Doan's—and take no other.

Mr. John Smith, Newport News, Va. Dear Sir:—

If you are not already a customer of ours, we would like to arrange so that it would be to your interest to become one. We carry one of the largest and best selected stock of furniture, carpets and stoves to be found in Newport News or on this Peninsula, and we think by a comparison, you will always find our prices a little lower than our competitors. If you want to buy for cash, we allow a reasonable discount. Should you want time, we invite you to take advantage of our easy payment plan of a little per week or month until the bill is paid. Goods delivered same day as selected. Come in to see us, get acquainted with the largest firm in Newport News, and remember, your credit is good and we invite you to open a charge account with us. Special inducements to people just starting to house-keeping. A handsome present with all bills amounting to fifty (\$50.00) dollars or more by presenting this letter.

Very truly,

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GREW MISS LEWIS' HAIR AND WE CAN PROVE IT!

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MISS Lewis' hair was very thin and it was less than two feet in length when she began using Danderine. She says her hair and scalp are now fairly teeming with new life and vigor. That's the main secret of this great remedy's success as a hair grower. It enlivens, invigorates and fairly electrifies the hair glands and tissues of the scalp, causing unusual and unheard-of activity on the part of these two most important organs, resulting in a strenuous and continuous growth of the hair.

The following is a reproduction of Miss Lewis' last letter:

January 3, 1905.

Dear Doctor Knowlton:—

You know I told you in my first letter that my hair would not reach much below my shoulders, and that all of it together only made one tiny braid.

I am sending you my photograph, which I had taken at Stevens Bros. It tells the whole story better than I can tell it.

Everybody I know is using Danderine, so you see I am doing something to show my appreciation.

Sincerely yours, (Miss) EVA LEWIS.

Danderine makes the scalp healthy and fertile and keeps it so. It is the greatest scalp fertilizer and therefore the greatest hair-producing remedy the world has ever known. It is a natural food and a wholesome medicine for both the hair and scalp. Even a 25c bottle of it will put more genuine life in your hair than a gallon of any other hair tonic ever made. It shows results from the very start.

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**FREE.** To show how quickly Danderine acts we will send a large sample free by return mail to any one who sends this advertisement to the Knowlton Danderine Co., Chicago, with their name and address and 10 cents in silver or stamps to pay postage.

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AT 10c.—Extra well made and neatly trimmed.

AT 12 1/2c.—Two styles, plain and fancy trimmed.

AT 25c.—Pretty Val. or Torchon lace trimming, also embroidery trimming.

AT 50c.—Beautiful elaborations of lace and embroidery in new yoke and inset design.

**Children's White Muslin Dresses**

Without doubt, the largest and prettiest collection we've ever shown, 39c, 50c, 75c, \$1 to \$2.00.

**Killarney Linen Suiting**

A plain white fabric for waists and dresses, looks like real linen, 17c.

WHITE CHECK MUSLIN, neat checks and plaid effects for children's dresses, 10c.

CHECK NAINSOOK, used for men's night shirts and underwear, 12 1/2c and 15c.

40-INCH PERSIAN LAWN, sheer, fine weave, 15c.

RUSSIAN LINEN SUITING, extra heavy, grass bleached, natural finish. Rajah effect, suitable for coat suits, 45c.

**50c Men's Underwear for 39c**

Shirts double or single breasted and fleece lined; pants well made and highly finished, 39c.

MEN'S NATURAL WOOL UNDERWEAR; regular \$1.00 quality now 89c.

Sweet Orr & Co., double breasted flannel working shirts, \$1.00. Men's dress shirts, pleated front, superior grade, 75c.

MEN'S KID GLOVES, light or dark tan, \$1.00 and \$1.50.

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How Times Have Changed.

"The times are changing," said Ballif William Phipps. "You know they used to say that you could always look around and see a white horse whenever you spied a red headed woman. Generally, too, it was true. It's different now.

"I was walking the Circle yesterday and saw a girl so red headed that I'd be willing to take out fire insurance on her. I looked out for the proverbial white horse, and discovered nothing but six automobiles. Verily, the times are changing."—*Indianapolis News.*

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