

Sick Headache And Indigestion

The Former is Very Frequently Caused By The Other.

The pneumo-gastric nerve connects the stomach region directly with the brain, and when the stomach is out of order the head is almost certain to be affected through reflex or sympathetic nervous irritation.

The headache of dyspepsia and indigestion is of every variety from the dullest and least defined to the most acute pain. Sometimes the whole mass of the brain seems racked with anguish; at others, the ache is confined to the back or front part of the head. The first form is usually of a confused character, and is often accompanied by dimness of vision, and a mild vertigo, or so-called "rush of blood to the head." The victims of this symptom complain of a "swimming" or "lightness" in the head, and dizziness, or a sensation of motion while the body is still, and specks, or flashes of light before the eyes.

Persons subject to indigestion and other forms of stomach trouble are very frequent sufferers from headache, and in numerous cases a sick headache is the only noticeable symptom of indigestion present; in others, there are stomach manifestations as well.

The majority of people regard this headache as a separate disease, instead of a symptom of stomach-disease, which it usually is; and they attempt to treat it separately, and make the mistake of endeavoring to obtain relief through the use of headache powders, tablets, pills and seltzers, the use of which is extremely dangerous, as many of them contain such powerful depressant drugs as acetanilid, phenacetin, antipyrine, caffeine, etc., which depress the heart, brain and nerve centers, and lower arterial pressure; and many a person with a weak heart has become dangerously ill shortly after taking one of these headache remedies. They also interfere with the digestive processes, and actually make the dyspepsia worse than before.

In order to get rid of the headache of indigestion—and most headaches are caused by stomach trouble—one should endeavor to reach and remove the cause, and the headache effect will soon be relieved.

STUART'S DYSPEPSIA TABLETS do not cure the symptoms; they cure the cause of the headache, which permanently removes the symptoms. They digest every atom of food in the stomach, cure all forms of stomach trouble, and the headache, and every other disagreeable symptom, and untoward effect is quickly gotten rid of.

Don't make the mistake of trying to cure your dyspeptic or nervous headache through the use of headache powders, tablets, etc. Use common sense, good judgment, and one or two Stuart's Dyspepsia Tablets, and you will be agreeably surprised at the rapidity with which the headache will be relieved and cured simultaneously with the relief and cure of the stomach disturbance.

Purchase a package from your druggist today for 50 cents and send in your name and address, and we will forward you a trial package free. Address F. A. Stuart Co., 150 Stuart Building, Marshall, Mich.

HUSBAND IN COUNTY, WIFE IN CITY, COURTS

MR. PRIM HELD ON PEACE WARRANT, AND HIS WIFE SENT DOWN ON DANGEROUS AND SUSPICIOUS CHARGE — WARRANTS MADE AGAINST ONE ANOTHER.

Husband under arrest on a peace warrant and wife under arrest as a dangerous and suspicious character is the situation which today exists with Arthur Prim and wife. Prim himself had a warrant made for his wife. On the other hand, Mrs. Prim, who is a very prepossessing young woman, told an officer when she was arrested that she was "going to tell how he (her husband) drew a knife on me." She will be called for trial this morning, and her husband is down as a prosecuting witness. She is alleged to a county magistrate that she was in fear of him, and when she applied for a warrant, is said to have offered a watch as security for cost of the issuance of the paper. The warrant was served by Deputy Sheriff Johnson and Prim has been allowed to sign his own bond. The woman was unable to make bond last night and was in a cell up to a late hour.

People who know Prim say he is a worthy man, and interceded for him with the officers, giving him such a good reputation that the Nicholas released him on his own cognizance. He is a carpenter by trade.

BARBER SHOP CHANGES HANDS

Mr. Joseph Hicks, proprietor of the barber shop in the Blount building, has purchased the shop in the lobby of the Brent building, and will take personal charge of the new shop. Mr. Hicks employs white barbers only, and will continue to give the service at the new stand which has made his shop in the Blount building so popular.

THE BOAT CLUB MEMBERSHIP ENTHUSIASTIC

NEWS THAT RAPID TRAVELERS ARE COMING FOR REGATTA IS INSPIRATION FOR ACTIVITY WITH ALL TO MAKE AQUATIC FEATURE OF TRI-COUNTY FAIR GREAT SUCCESS.

Information printed in these columns several days ago to the effect that fast racing craft was coming here for the November regatta was read with widespread interest by members of the Pensacola Yacht and Motor Boat Club, and yesterday leading factors in the organization made it known with much fervor that the news was a great inspiration for greater activity among the club membership, stirring to very lively action some who had perhaps shown an apathetic interest in the forthcoming feature of the Tri-County Fair. Now everyone is a self-appointed committee of one to see that the regatta will be even more of a huge success than at first planned, and many boats will compete.

The new club house is ready for occupancy, although all changes contemplated have not as yet been completed. The building will be ready for a meeting which has been called for 8:30 o'clock Sunday morning. At that time any and all acceptances from foreign clubs will be made known.

IMPERFECT DIGESTION means less nutrition and in consequence less vitality. When the liver fails to secrete bile, the blood becomes loaded with bilious properties, the digestion becomes impaired and the bowels constipated. Herbine will rectify this; it gives tone to the stomach, liver and kidneys, strengthens the appetite, clears and improves the complexion, infuses new life and vigor to the whole system. 50 cents a bottle.

Sold by W. A. D'Alemberte, druggist and apothecary, 121 S. Palafox St.

FUNERAL OF MRS. M. SIMON

REMAINS WILL BE FOLLOWED TO GRAVE BY LARGE CONCOURSE OF SYMPATHIZING RELATIVES AND FRIENDS—INTERMENT AT HEBREW CEMETERY.

At 10 o'clock this morning the funeral of the late Mrs. M. Simon will take place at the home of the lady's daughter, Mrs. N. Wood, on North Spring street, the services to be held at the house. The interment will be made at the Hebrew cemetery.

Mrs. Simon's death was greatly mourned by her acquaintances in this and other cities yesterday when the fact became known. A lady of a genial disposition, loving temperament and beautiful character, she was an example after whom it would do well to pattern and in Pensacola, where her demise occurred, her death is a particularly sad blow.

Funeral services today will be Messrs. Joe Weiland, Ike Hirschman, Laz. Jacoby, Dave Kugleman, Sol Cahn, Sidney Kahn, Isidore Wolf and H. Cashman.

NEGRO FINED FOR ASSAULTING WHITE LAD

Lawrence Mann, colored, was fined \$5 and costs in the city court yesterday for having been convicted of assaulting a small white boy. The negro threw a rock and struck the child on the head.

Instant Relief for Eczema FREE

A Remedy That Has No Parallel in Medical Science.

Free Trial Package Sent to Prove It, Or 50c Package Sold at Drug Stores. Medical science offers nothing quite so remarkable as the immediate effects of Dr. Hebra's Ungoid on all itching and irritating skin diseases, such as eczema, psoriasis, barber's itch, tetter, ringworm and itching piles. It stops itching and burning irritation instantly.

With every package goes a guarantee that unless you are completely cured, or your money will be refunded. Dr. Hebra's Ungoid is sold at drug stores at 50c a package. If you want it first without cost, just send your name and address to the G. C. Hittner Co., Dept. 600, Toledo, Ohio, and they will send you a free trial package by mail.

If your druggist does not have the 50c packages on hand, send your remittance to the above company and they will send it to you prepaid. In such cases, always mention the name of your druggist. Ladies, it is hard to realize what a remarkable change for the better will come over you after using Dr. Emily Gavit's Pink Pelets. They are especially prepared for women, and torpid liver, constipation, biliousness, dizziness and sallow complexion. At druggists, 25c a box. W. A. D'Alemberte, Druggist and Apothecary, 121 S. Palafox street.

MISERY FROM STOMACH GOES

THE MOST SEVERE CASE OF INDIGESTION, HEARTBURN, GAS OR DYSPEPSIA VANISHES FIVE MINUTES AFTER TAKING A LITTLE DIAPEPSIN.

Every year regularly more than a million stomach sufferers in the United States, England and Canada take Pape's Diapepsin and realize not only immediate but lasting relief.

This harmless preparation will digest anything you eat and overcome a sour, gassy or out-of-order stomach five minutes afterwards.

If your meals don't fit comfortably, or what you eat lays like a lump of lead in your stomach, or if you have heartburn, that is a sign of indigestion.

Get from your Pharmacist a 50-cent case of Pape's Diapepsin and take a dose just as soon as you can. There will be no sour risings, no belching of undigested food mixed with acid, no stomach gas or heartburn, fullness or heavy feeling in the stomach, Nausea, Debilitating Headaches, Dizziness or Intestinal griping. This will all go, and besides, there will be no sour food left over in the stomach to poison your breath with nauseous odors.

Pape's Diapepsin is a certain cure for out-of-order stomachs, because it takes hold of your food and digests it just the same as if your stomach wasn't there.

Relief in five minutes from all stomach misery is waiting for you at any drugstore.

These large 50-cent cases contain more than sufficient to thoroughly cure almost any case of Dyspepsia, Indigestion or any other stomach disorder.

VALUATION OF SEPT. EXPORTS IS 1,270,152

SLIGHT INCREASE IS SHOWN IN SHIPMENTS, WHEN COMPARED WITH THE BUSINESS OF THE PREVIOUS MONTH.

Shipments to foreign countries from Pensacola during the month of September had a valuation of \$1,270,152, according to reports compiled by custom house officials at the close of business yesterday afternoon. This shows a slight gain over the valuation of the previous month.

As was the case during August, the shipments of lumber and timber showed a marked increase when compared with the same month of last year. Argentina alone receiving shipments valued at \$233,895. Valuation for the remaining months of the year will be large, owing to heavy shipments of cotton and naval stores.

Shipments to various countries and the respective valuations were as follows:

Austria	5,600
Belgium	15,630
France	89,751
Germany	261,231
Italy	99,231
Netherlands	222,275
Portugal	6,580
Spain	14,900
England	27,189
Scotland	7,169
British Honduras	3,295
Mexico	4,455
Argentina	233,895
Uruguay	26,600
French Africa	8,451
Total	\$1,270,152

THE COLORED NORMAL SCHOOL

It Opens Next Week—Students Urged to Register There Friday.

The Pensacola Normal and Industrial School will open for its fourth session Oct. 4th, under the brightest prospects in its history. The cooking, sewing and wood working departments will be its special feature. The kindergarten will be under a competent teacher who comes to Pensacola highly recommended.

The principal urges the patrons and students of the school to register and get book strait Friday of the present week. Those desiring to put their children in the Kindergarten are urged to register them today. The principal will be at the school building from 9:30 a. m. to 12 m. Phone 1631.

DINNER SETS. 100-piece beautifully decorated dinner sets, \$8.50. 42-piece cottage dinner sets, \$3.98. See show window. Pensacola Crockery Co., 107 South Palafox St.

MANAGEMENT TO MAKE OPERA HOUSE SAFE

BUILDING INSPECTOR REPORTS UPON CONDITION OF BIG PLAY-HOUSE AND CHANGES LOOKING TO SAFETY OF AUDIENCES RECOMMENDED—BOARD OF SAFETY TAKES A HAND AND ACTS UPON REPORT.

Building Inspector J. M. Johnson, accompanied by Geo. M. Hopkinson, the supervising architect at the San Carlos hotel, after an examination into the existing conditions at the Pensacola opera house building, made a report pointing out certain discovered defects in the building which are said to have contributed toward making the big playhouse unsafe. This report was transmitted to the board of public safety yesterday, and in a body the board, accompanied by Fire Chief Bicker and Police Chief Sanders, visited the house yesterday morning and made a cursory examination. Every feature touched upon in the building inspector's report was looked up. It was at night, however, that a meeting of the board was held for the purpose of passing upon the matter in hand. Defects in any building are contrary to law and each day they so remain makes up an offense, providing the house is made use of in any manner. The report of the building inspector was closely studied and when the board gathered at 6 o'clock last evening, all the members were familiar with the recommendations contained therein looking to the safety of audiences and were therefore in a position to discuss the subject intelligently. Chairman Johnson presided and Messrs. Villar and Elliott were in attendance. Building Inspector Johnson, Supervising Architect Hopkinson and Fire Chief Bicker were also there. The report was as follows:

Building Inspector's Report. Pensacola, Fla., Sept. 30, 1909. Hon. Board of Public Safety, City of Pensacola.

Gentlemen—I beg to report that I have examined the Pensacola opera house, assisted by Mr. Geo. M. Hopkinson, supervising architect of the San Carlos hotel, and find the following conditions existing in said Pensacola opera house and recommend the following alterations as a safeguard to the public, viz:

Stage—There is no asbestos curtain to the front of the stage and sides of the openings are of wood and fire could easily creep around to the auditorium. The sides should be covered with metal and asbestos curtain installed at once. There is a perforated pipe two inches in diameter running across the front of the stage, but it would be impossible to operate this water curtain without first reaching the head of the stored scenery on the north end of the stage and in case of fire this would be very hard to do.

There are two fire plugs, one at the stage level and the other in the flies on the north wall. The one at the stage level has a hose attached, but no nozzle. The one in the flies is in a similar condition. There are three small fire extinguishers but one is plugged up and the other two are in bad order.

Furnace under center of the stage should have proper metal protection from all wood work. The flue from furnace passes through the stage floor with the sheet iron next to the wood work. There should be proper fire-proof covering to the flue.

First Floor—The three windows on the south side should be made into doors opening out to an iron balcony with wide fire escape stairs leading to the adjoining lot.

There is no electric light bulb over one of these windows. Windows have not even sash weights to lift them with.

Aisle down centre should by all means extend through to orchestra instead of only half way down the auditorium.

The windows on the south side of balcony should be treated same as stated for windows on the first floor. The windows on the west elevation over main entrance should be cut into large doors opening outward and there should also be metal stairway leading from front balconies to the west. This is an exit at the west end of the gallery consisting of the doors but these are locked and when open lead into a lavatory.

Out of the lavatory the exit is by means of the narrow windows mentioned above. There is an exit on the inside. This leads into a small room. On the east side of this room is a door leading to a staircase which leads down to a door on the street. This door is at present boarded up and locked and at the foot of the stairs are two dry goods boxes and other inflammable material. This stairway in my opinion if utilized in case of a fire or panic would be a most dangerous death trap.

Proper exits should be placed along this northern wall leading through the old club rooms with wide corridors to the street.

Second Gallery—The same applies

Little Soldiers

In your blood are the millions of organisms that defend you against disease.

To make and keep these little soldiers healthy and strong, is simply to make and keep the blood of the right quality and quantity. This is just what Hood's Sarsaparilla does—it helps the little soldiers in your blood to fight disease for you. It cures scrofula, eczema, eruptions, catarrh, rheumatism, anemia, nervousness, dyspepsia, general debility, and builds up the whole system.

TO introduce fine materials, clean methods, scientific equipment into the making of soda crackers was one triumph—
To actually bake into them a subtle goodness, a real individuality, never before known, was another triumph—
But to effectually protect them so that the fullest benefit of these fine materials, this careful, cleanly baking, this unique goodness comes to you unaltered, was the crowning triumph that gave the world

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NATIONAL BISCUIT COMPANY

to the windows on the south side as stated for the floors below, excepting that red light bulbs are in position.

At the west end there are only two swing door exits. There are two more pairs, but these are nailed up. All the rooms at the end are full of trash and would form firing material. Electric wires in floors should be run in conduits.

In the lobby at the west end there is a door marked "Exit," that leads to the false roof and some distance from this door is a small wooden staircase that leads to scuttle on roof, which is very hard to open and no lights.

The exit on the north wall is about the worst of any and leads into a very small room with windows in its climb through into the old club rooms, which is a very bad feature indeed.

General—The exposed wooden rafters over the stage should be covered with metal because in case of scenery catching fire the flames would probably leap up and catch the whole building.

I would strongly advise that immediate steps be taken to remedy these defects at once as they exist at present, as the responsibility is too great and the danger too apparent to life and limb under existing circumstances as any longer neglect them. If there should not happen to be an accident everything would be alright, but if the accident happens and there is a fire or panic God help the occupants and also the parties responsible for the calamity.

Anything that I can do within the jurisdiction of my office I will gladly do either in conjunction with the board or alone, just as the board thinks advisable.

Respectfully,
JAMES M. JOHNSON,
Building Inspector.

Manager Smith Talks.

Manager Nick Smith, of the opera house, was present, and he gave the board to understand that in past years the management had complied with every order coming from the safety board, lately spending a great deal of money in order to make the house conform to recommendations for safety as made by Architect Blount. Practically all that had been recommended had been put into the house, he said, and he was anxious right now to make the house absolutely safe, he said, as any one in the city. He said that instead of the asbestos curtain as had been recommended, the company had provided a "water curtain," which is a contrivance having the heaviest city water pressure which when released throws a solid sheet of water across the stage, being even more serviceable in the general judgment of theatrical people than the asbestos. He explained, too, that he was willing to do anything to comply with the law.

Fire Extinguishers.

Chief Bicker Reports.

Fire Chief Bicker made a verbal report upon the condition of 100 feet of hose which had been found in the opera house. He said he had made a test and the hose would not and did not stand a pressure of ten pounds to the square inch. The hose in its entirety, of course, was condemned.

Upon learning of the condition of the hose provided by the house, and also the stand taken by the building inspector regarding the water curtain, Manager Smith notified the board that he had sought to provide against any fire menace by obtaining another supply of hose. He had gotten the hose, but it would not fit the nozzles in the house. He did the next best thing by getting possession of half a dozen high-class fire extinguishers and placing them at points within easy reach. The board was satisfied with such temporary arrangement and gave permission for the occupancy of the house last night.

To Make Changes.

Mr. Elliott was named as a committee of one to go as the board's representative with Manager Smith. C. W. Lamar, Fire Chief Bicker and Inspector Johnson for another examination of the house with a view of making needful changes. Mr. Lamar is out of the city, but will return Sunday. The examination will be made Monday and a report will come back to the board at the next meeting.

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