

Constipation And Appendicitis

The Latter Usually Caused By The Former, Which, In Turn, Has Its Origin In Intestinal Indigestion.

Chronic constipation is a disease which is about as prevalent as dyspepsia and indigestion. Nearly every one suffers from it occasionally, but there are millions of people who endure it habitually, and who are accustomed to resort to the use of laxatives and cathartics daily.

Many people seemed to have developed a perfect mania for taking pills, and instead of trying to ascertain the latent cause of the disease, and removing it by appropriate treatment, they are content to continue the reckless use of laxatives, aperients, drastic cathartics and violent purgatives, until finally inflammation of the bowels occurs which reaches the appendix, and the result is appendicitis.

In investigating and tracing the causative factors of constipation and its frequent sequel, appendicitis, it has been noted by physicians that the majority of cases were preceded and accompanied by a long-standing gastro-intestinal indigestion.

The idea that appendicitis is brought on by foreign bodies, such as seeds, etc., becoming lodged in the appendix, is an exploded theory. It is now definitely known that constipation is the most prolific cause of this dread disease, while the constipation itself is previously induced by intestinal indigestion, or amylaceous dyspepsia—the inability to digest starches—so the relation between cause and effect is readily seen and appreciated.

The absurdity of attempting to cure constipation by the use of physio should be apparent to every one. Laxative drugs and powerful purgatives will never cure a disease of this sort, and those who make frequent or regular use of them will, sooner or later, set up an inflammatory condition of the intestinal system.

A person with first-class digestion will never be annoyed with chronic constipation, and when this trouble does exist, instead of slugging the system with pills, liquid laxatives, and cathartics, etc., use a remedy which will cure the gastro-intestinal indigestion, and you will find that the constipation no longer bothers you, and with its removal, the risk of developing appendicitis will be reduced to the minimum.

STUART'S DYSPESIA TABLETS have been the means of curing numerous cases of constipation, by first curing the intestinal indigestion. They digest every kind of food, a single grain being capable of digesting 3,000 grains of alimentum, and in addition to pepsin and other powerful digestives, they also contain diastase, which converts starch into sugar, and readily cures amylaceous dyspepsia and intestinal indigestion.

If you are suffering from dyspepsia, constipation, and, in fact, indigestion of any kind, don't run the risk of getting appendicitis, but strike at the root of the trouble—the original cause—by using Stuart's Dyspepsia Tablets, which will quickly rid you of all functional disorders of the alimentary tract.

Secure a box of this digestive remedy from your druggist for 50c, and send your name and address to the W. Stuart Co., 150 Stuart Bldg., Marquette, Mich., for a free sample package.

Legal Advertisements.

NOTICE. Notice is hereby given that the undersigned, administratrix of the estate of J. E. Kauser, deceased, on the 2nd day of May, A. D. 1910, present her final account and vouchers to the County Judge of Escambia County, Florida, and ask to be discharged from her administration. ALICE KAUSER, Administratrix.

Subscribe for The Journal.

STOLEN BIRD IN EVIDENCE

PARROT NOT TALKATIVE AS USUAL WHEN TAKEN IN COURT—NEGRO WOMAN HELD TO COUNTY, CHARGED WITH HAVING STOLEN BIRD.

John Deyzulovich, an Austrian, has been frantic for the past few days over the loss of a great parrot that could talk in two languages, it was claimed. The parrot left home either willingly or by the aid of somebody, for officers testified that when they found the bird it was in the home of a negro woman named Lizzie Scott. She did not deny the bird was found there, intimating that it was held in the hope that a reward would be offered. A cloth covered the cage which held the bird when the officers found it. Lizzie Scott, arrested with several of her relatives, was held to the county courts on a charge of larceny, the court being of the opinion that she had stolen it.

SHIPPING BIG LOT OF COTTON

MORE THAN MILLION DOLLARS WORTH HAS ALREADY BEEN EXPORTED, THE SEASON BEING LESS THAN ONE MONTH OLD NOW.

More than one million and close on to two million dollars worth of cotton has already been exported from Pensacola, the greater lot of which went out during the past week. But four vessels have thus far been used out of Pensacola, but many more will be loaded, some of them solidly with cotton, before the active season comes to a close early in the coming new year. The square bale is almost exclusively handled at Pensacola, although more than two thousand bales of the round bale variety were taken out on one steamer, which also carried a lot of the square bales.

Thus far in the season two cargoes have been shipped to Liverpool, one to Havre and one to Bremen. Ships are now in port which will carry the king product of the South to each of the ports named and to others. The already exported cargoes and steamers taking them were as follows:

*Crossby, to Bremen..... 5,481
E. O. Saltmarsh, to Liverpool... 6,750
Gracia, to Liverpool..... 4,293
August Belmont, to Havre..... 10,031
Total..... 26,555
*Also carried out 2,200 round bales of cotton.
The steamers Cayo Domingo, So-pera, Manchester Miller, Vivina and others are to swell the cotton exports when they take out clearance papers.

NO DYSPESIA OR HEARTBURN

A LITTLE DIAPEPSIN MAKES INDIGESTION GO AND YOUR OUT-OF-ORDER STOMACH FEELS FINE IN FIVE MINUTES.

You can eat anything your stomach craves without fear of indigestion or dyspepsia, or that your food will ferment or sour on your stomach if you will take a little Diapepsin occasionally. Your meals will taste good, and anything you eat will be digested, nothing can ferment or turn into acid or poison or stomach gas, which causes belching, dizziness, a feeling of fullness after eating, nausea, indigestion (like a lump of lead in stomach), biliousness, heartburn, water-brash, pain in stomach and intestines or other symptoms.

Headaches from the stomach are absolutely unknown where this effective remedy is used. Diapepsin really does all the work of a healthy stomach. It digests your meals when your stomach can't. A single dose will digest all the food you eat and leave nothing to ferment or sour and upset the stomach.

Get a large 50-cent case of Pappe's Diapepsin from your druggist and start taking now, and in a little while you will actually brag about your healthy, strong stomach, for you then can eat anything and everything you want without the slightest discomfort or misery, and every particle of impurity and gas that is in your stomach and intestines is going to be carried away without the use of laxatives or any other assistance.

Should you at this moment be suffering from indigestion or any stomach disorder, you can get relief within five minutes.

WHAT WILL IT SPELL?

When a business is managed by a man with a thorough knowledge that was gained by twenty years' practical experience, giving his personal and undivided attention to the working department of the business, being backed with the latest and most modern machinery and appliances, using nothing but the highest grade of material, being assisted by the very highest class of skilled help, and doing work for

WHITE PEOPLE ONLY IT SPELLS HIGHEST GRADE OF OUTPUT

These are the bases upon which the Puritan Laundry Co. earnestly solicit your valuable patronage.

Ordinary laundries and Chinamen wash your clothes with those of Negroes, (and Negro washerwomen wear them). The Anti-Tuberculosis League has sounded the alarm. Can you afford to take the chances?

PURITAN LAUNDRY

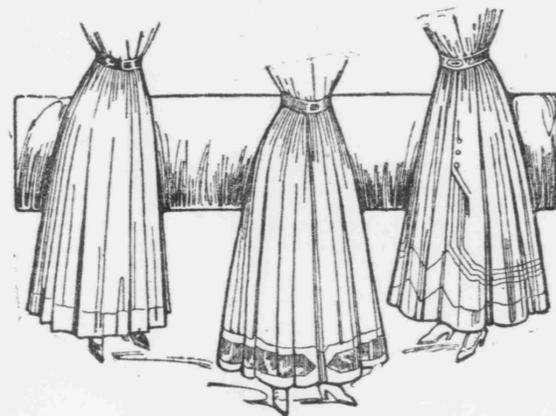
The only laundry in the city that doesn't wash your clothes with negroes. Phone 507.
C. D. PATTERSON, Mgr.

Ostrich Plumes lead just now. 98c is surely a "leading" Price. Ask Miss Herri-man to-morrow.

A McMillan Monday hummer. 50 pieces Bleached Domestic, 36-inches wide, at 5c per yard. Come!

IF SAVING OF MONEY INTERESTS YOU

Then you will not fail to attend during the third of our weekly 3-day sales. Each succeeding sale is more popular than the last. "There's a reason." This sale continues MONDAY and TUESDAY.



Closing Out a Line of Ladies' Skirts.

Regular \$7.00 Skirts must go at \$3.98.

Regular \$5.00 Skirts must go at \$2.98.

Regular \$4.00 Skirts must go at \$1.98.

SHOES!

Children's Soft-Sole Shoes, 23 cents.

Men's \$6.00 and \$7.00 Shoes at \$4.48.



Children's Sweaters, 23c. Fine Embroidery, 3c per yard. 10 yards Dress Gingham, 69c.

MEN'S AND BOYS' SUITS

\$3.00 Suits going at \$1.98. \$4.00 Suits going at \$2.98. \$5.00 Suits going at \$3.48. Men's up-to-date Suits, \$7.48 to \$14.98.



Don't Forget Place and Date:

BRAWNER-RIERA CO.
PALAFOX AND ROMANA

DID YOU SAY LADIES' HATS? WE HAVE THEM!

For the LONGEST, you see, Ladies have said to us: "Why Not HATS?"

We hesitated, but this proposition kept bobbing up. Just couldn't help it; so "HATS IT IS." Here's our plan:

We've arranged to have an entire new showing of Ladies' Fine Millinery every week, at prices which will show our customers that we're not needing profits to hold up an entire expensive millinery establishment—just a pretty, little, handy side issue, don't you see?

The popular numbers we'll sell, and those that aren't particularly liked we'll just send straight back to the dealers each week.

Now isn't that a good idea? For you'll have a fine, big choice to pick from every single week!

Ladies who walk into our up-to-date suit department to be fitted out hereafter, may also say: "Now match this costume with a stunning sort of a Hat," and Presto! It's to be done!

See our really chic, unusually fine showing of high grade Millinery, just now, and take good, calm note of the pricings. Then tell US. The price range is from

\$9 to \$18.50

Watson, Parker & Reese Co.

Everything to Wear.

See other ads on Pages 7, 12 and 13.

PHONE 556
Fresh Oysters and all Kinds of Fish
Received Daily.
Everything in our line up-to-date. We deliver anywhere in the city promptly. Give us a trial. Dressed fish a specialty.
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We carry a full line of Trusses, all sizes. A perfect fit guaranteed. Mail orders filled same day received.
WHITE'S PHARMACY
Day Phone, 180. Night Phone, 448
Pensacola, Fla.

COL. NEWCOMBE WILL TAKE THE WALKING TEST

COMMANDER OF FORT BARRANCAS LEAVES TODAY FOR NEW ORLEANS, WHERE HE WILL JOIN COL. FOOTE AND OTHER OFFICERS.

Col. Newcombe, commanding officer of Fort Barrancas, will leave today for New Orleans, where he will join the walking test, as prescribed for army officers of and over the rank of major. Among the officers who are to join Major Newcombe on the fifty mile walk, which must be done in three days, is Col. Foote, commanding Jackson barracks.

The officers have the choice of going one hundred miles on horseback, ninety miles on a bicycle or fifty miles on foot in the same length of time. Col. Newcombe decided that he preferred the fifty miles on foot, and so has Col. Foote and the others. They will form a party of army officers who will stand the test at one time.

Stuart's Buchu and Juniper Compound for all liver and kidney troubles. Relieves Brights Disease. All Druggists \$1.00.

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